

# SUGAR ALCOHOL GLYCEMIC INDEX GUIDE

SUGAR ALCOHOL	GLYCEMIC INDEX	CALORIES (PER G)	BLOOD SUGAR IMPACT
Erythritol	0	0.2	None
Mannitol	0	1.6	Very Low
Lactitol	6	2.0	Low
Isomalt	9	2.0	Low
Sorbitol	9	2.6	Low
Xylitol	12	2.4	Low / Moderate
Maltitol (Syrup)	52	3.0	High
Maltitol (Powder)	35	2.1	Moderate

- \* Pure Table Sugar (Sucrose) has a Glycemic Index of 65 for comparison.*
- \* Individual responses to sugar alcohols may vary; monitor levels accordingly.*