

# Sugar Alcohol Net Carb Guide

Reference Chart for Keto & Diabetic Label Reading

**General Formula: Total Carbs - Fiber - (Sugar Alcohols × Glycemic Factor) = Net Carbs**

SUGAR ALCOHOL	GLYCEMIC INDEX	NET CARB CALCULATION
Erythritol	0	<b>Subtract 100% (0 carbs)</b>
Stevia / Monk Fruit	0	<b>Subtract 100% (0 carbs)</b>
Xylitol	13	Subtract 50%
Isomalt	9	Subtract 50%
Sorbitol	9	Subtract 50%
Maltitol (Syrup)	52	Subtract 25% (High Impact)
Maltitol (Powder)	35	Subtract 50%

**Note:** Reactions to sugar alcohols vary by individual. Monitor blood glucose levels for personal sensitivity. Maltitol is known to have a significant impact on blood sugar compared to Erythritol.