

# SUGAR ALCOHOL NET CARB GUIDE

Impact on blood sugar and net carbohydrate calculation

SUGAR ALCOHOL	GLYCEMIC INDEX	CALORIES /G	NET CARB COUNT
Erythritol	0	0.2	
Xylitol	13	2.4	0.5g per gram
Mannitol	0	1.6	0.5g per gram
Isomalt	9	2.0	0.5g per gram
Lactitol	6	2.0	0.5g per gram
Sorbitol	9	2.6	0.6g per gram
Maltitol (Syrup)	52	3.0	0.75g per gram
Maltitol (Powder)	35	2.1	0.5g per gram

## Standard Calculation Rule:

For **Erythritol**: Total Carbs - Sugar Alcohols = Net Carbs.

For **Others**: Total Carbs - (Sugar Alcohols / 2) = Net Carbs.