

Sweetener	Type		Glycemic Index
Acesulfame K	Artificial Sweetener	0	
Alitame	Artificial Sweetener		0
Aspartame	Artificial Sweetener		0
Brazzein	Natural Sweetener		0
Curculin	Natural Sweetener		0
Cyclamate	Artificial Sweetener		0
Glycyrrhizin	Natural Sweetener		0
Luo Han Guo	Natural Sweetener	0	
Miraculin	Natural Sweetener		0
Monellin	Natural Sweetener		0
Neotame	Artificial Sweetener		0
Pentadin	Natural Sweetener		0
Saccharin	Artificial Sweetener		0
Stevia	Natural Sweetener	0	
Sucralose	Artificial Sweetener		0
Thaumatococin	Natural Sweetener		0
Erythritol	Sugar Alcohol		1
Inulin	Sugar Fiber		1
Oligofructose	Sugar Fiber		1
Yacon Syrup	Natural Sweetener	1	
Isomalt	Sugar Alcohol	2	
Mannitol	Sugar Alcohol		2
Lactitol	Sugar Alcohol	3	
Sorbitol	Sugar Alcohol		4
Glycerol	Sugar Alcohol		5
Xylitol	Sugar Alcohol	12	
Agave Syrup	Modified Sugar		15
Brown Rice Syrup	Modified Sugar		25
Fructose	Sugar		25
Galactose	Sugar		25
Coconut Palm Sugar	Natural Sugar	35	
Maltitol	Sugar Alcohol	35	
Barley Malt Syrup	Modified Sugar		42
Cane Juice	Sugar Extract		43
Lactose	Sugar		45
Honey	Natural Sugar	50	
Sorghum Syrup	Natural Sugar		50
Maple Syrup	Natural Sugar	54	
Blackstrap Molasses	Sugar Extract	55	
Caramel	Modified Sugar		60
Inverted Sugar	Modified Sugar		60
Refiners Syrup	Modified Sugar		60
Sucrose	Sugar		65
HFCS-42	Modified Sugar		68
Trehalose	Sugar		70
Dextrose	Sugar		100
Glucose	Sugar		100
Maltose	Sugar		105
Maltodextrin	Sugar	110	