

Generally Safe

Generally Safe	Type	Glycemic Index
Glycerol	Sugar Alcohol	5
Sorbitol	Sugar Alcohol	4
Lactitol	Sugar Alcohol	3
Isomalt	Sugar Alcohol	2
Mannitol	Sugar Alcohol	2
Yacon Syrup	Natural Sweetener	1
Oligofructose	Sugar Fiber	1
Inulin	Sugar Fiber	1
Erythritol*	Sugar Alcohol	1
Stevia*	Natural Sweetener	0
Allulose*	Rare Sweetener	0
Brazzein	Natural Sweetener	0
Curculin	Natural Sweetener	0
Glycyrrhizin	Natural Sweetener	0
Luo Han Guo*	Natural Sweetener	0
Monk Fruit*	Natural Sweetener	0
Miraculin	Natural Sweetener	0
Monellin	Natural Sweetener	0
Pentaden	Natural Sweetener	0
Thaumatococin	Natural Sweetener	0

Possibly Unhealthy

Possibly Unhealthy	Type	Glycemic Index
Xylitol*	Sugar Alcohol	12
Acesulfame K	Artificial Sweetener	0
Alitame	Artificial Sweetener	0
Aspartame	Artificial Sweetener	0
Cyclamate	Artificial Sweetener	0
Neotame	Artificial Sweetener	0
Saccharin	Artificial Sweetener	0
Sucralose	Artificial Sweetener	0

Definitely Avoid!!!

Definitely Avoid!	Type	Glycemic Index
Agave Syrup	Modified Sugar	15
Barley Malt Syrup	Modified Sugar	42
Blackstrap Molasses	Sugar Extract	55
Brown Rice Syrup	Modified Sugar	25
Calactose	Sugar	25
Cane Juice	Sugar Extract	43
Caramel	Modified Sugar	60
Coconut Palm Sugar	Natural Sugar	35
Dextrose	Sugar	100
Fructose	Sugar	25
Glucose	Sugar	100
Golden Syrup	Modified Sugar	60
HFCS-47	Modified Sugar	68
HFCS-55	Modified Sugar	58
HFCS-90	Modified Sugar	31
Honey	Natural Sugar	50
HSH	Sugar Alcohol	35
Inverted Sugar	Modified Sugar	60
Lactose	Sugar	45
Malititol	Sugar Alcohol	35
Maltodextrin	Sugar	110
Maltose	Sugar	105
Maple Syrup	Natural Sugar	54
Refiners Syrup	Modified Sugar	60
Sorghum Syrup	Natural Sugar	50
Sucrose	Sugar	65
Trehalose	Sugar	70