



Nutrition

SUGARS AND SWEETENERS

Name	Source	Form(s)/ shape	Color	Texture	Flavor	Notes	Glycemic Index
Agave Nectar	Agave (cactus)					1.5 x's sugar	15
Malt Syrup	Barley → malt (maltose)					50% of sugar	45
Corn Syrup (Dark)	Corn (dextrose)						100
Corn Syrup (Light)	Corn (dextrose)						90
Pancake Syrup	Corn Syrup based (dextrose)						68
Granulated Honey	Honey (fructose, glucose)						50
Honey	Honey (fructose, glucose)						50



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Maple Sugar	Maple tree (sucrose)						54
Maple Syrup	Maple tree (sucrose)						54
Brown Coconut Sugar	Coconut Tree Blossoms						35-50
Coconut Palm Sugar	Coconut Tree Blossoms						35-50
Date Sugar (jaggery)	Sugar Date Palm						35-50
Palm Sugar	Sugar Date Palm						35-50
Brown Sugar (Dark)	Sugar Cane/ Sugar Beet (sucrose)						65
Brown Sugar (Light)	Sugar Cane/ Sugar Beet (sucrose)						65
Cane Sugar Crystals	Sugar Cane/ Sugar Beet (sucrose)						55
Granulated Sugar	Sugar Cane/ Sugar Beet (sucrose)						65



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Piloncillo	Sugar Cane/ Sugar Beet (sucrose)						
Powdered Sugar	Sugar Cane/ Sugar Beet (sucrose)						65
Sanding Sugar	Sugar Cane/ Sugar Beet (sucrose)						65
Turbinado	Sugar Cane/ Sugar Beet (sucrose)						65
Unsulphured Molasses	Sugar Cane/ Sugar Beet (sucrose)					3 calories/ gram, 80% of sugar	60
Brown Rice Syrup	Brown Rice						

Name	Chemical Component/ source	Marketing	Taste/ Aftertaste	Sweetness Level	Notes?	Calories	Glycemic Index
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Equal	Aspartame			200 x's sugar		0	0
Erythitol	(sugar alcohol)			65% of sugar		0.2 cal./gram	1
Monkfruit in the raw	Natural sugar (Luo Han Guo)			300 x's sugar		0	0
Splenda	Sucralose			600 x's sugar		0	0
Stevia Extract	Natural Sugar			Leaves- 4x's sugar, extract- 300 x's sugar	TruVia, PureVia (4 x's sugar)	0	0
Stevia Powder	Natural Sugar			Leaves- 4x's sugar, product- 300 x's sugar		0	0
Sweet n' Low	Saccharin			300 x's sugar	Not heat stable	0	0
Xylitol	(sugar alcohol)			62% of sugar	Dental friendly	2.4 cal./gr.	12
Sorbitol	(sugar alcohol)			55% of sugar		2.6 cal./gr.	4
Acesulfame k							



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Maltitol	(sugar alcohol)						35