GLYCEMIC INDEX FOR SWEETENERS

The glycemic index for sweeteners is a function of three things:

1. The amount of carbohydrate present.
2. The type of carbohydrate present.
3. The presence of other substances (soluble fiber for example) that slow metabolism of carbohydrates.

Sweetener	Type	Glycemic Index
Maltodextrin	Sugar	110
Maltose	Sugar	105
Dextrose	Sugar	100
Glucose	Sugar	100
Trehalose	Sugar	70
HFCS-42	Modified Sugar	68
Sucrose	Sugar	65
Caramel	Modified Sugar	60
Golden Syrup	Modified Sugar	60
Inverted Sugar	Modified Sugar	60
Refiners Syrup	Modified Sugar	60
HFCS-55	Modified Sugar	58
Blackstrap Molasses	Sugar Extract	55
Maple Syrup	Natural Sugar	54
Honey	Natural Sugar	50
Sorghum Syrup	Natural Sugar	50
Lactose	Sugar	45
Cane Juice	Sugar Extract	43
Barley Malt Syrup	Modified Sugar	42
HSH	Sugar Alcohol	35
Coconut Palm Sugar	Natural Sugar	35
Maltitol	Sugar Alcohol	35
HFCS-90	Modified Sugar	31
Brown Rice Syrup	Modified Sugar	25
Fructose	Sugar	25
Galactose	Sugar	25
Agave Syrup	Modified Sugar	15
Xylitol	Sugar Alcohol	12
Glycerol	Sugar Alcohol	5
Sorbitol	Sugar Alcohol	4
Lactitol	Sugar Alcohol	3
Isomalt	Sugar Alcohol	2
Mannitol	Sugar Alcohol	2
Erythritol	Sugar Alcohol	1
Yacon Syrup	Natural Sweetener	1
Oligofructose	Sugar Fiber	1
Inulin	Sugar Fiber	1
Brazzein	Natural Sweetener	0
Curculin	Natural Sweetener	0
Glycyrrhizin	Natural Sweetener	0
Luo Han Guo	Natural Sweetener	0
Miraculin	Natural Sweetener	0
Monellin	Natural Sweetener	0
Pentadin	Natural Sweetener	0
Stevia	Natural Sweetener	0
Thaumatin	Natural Sweetener	0
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

Some studies have indicated that zero calorie sweeteners do not help reduce weight, and this may explain the reason. However this does not take into account several useful aspects of zero calorie sweeteners:

1. They do not cause a blood sugar spike and this alone is beneficial to health.
2. They are suitable for diabetics who would otherwise have a limited choice of sweet things.
3. They are harmless to teeth.
4. All things being equal they contain no calories and should be of assistance in a diet plan.

Indeed the lowering of the sugar intensity could provide a more steady supply of glucose to the bloodstream and dramatically reduce or eliminate the insulin load.