

Sweetener	Type	GI
Maltodextrin	Artificially produced Complex Sugar	110
Maltose (Malt Sugar)	Sugar	105
Dextrose / Glucose	Sugar	96
Table Sugar	<b>Refined Sugar</b> White refined table sugar comes from Sugarcane or Sugar beets. AKA Cane Sugar, Beet Sugar (99.95% Sucrose)	<b>75</b>
Corn Syrup	Glucose / Fructose Combination	73
Trehalose	Sugar	70
HFCS-42%	Modified Sugar	68
Sucrose	Sugar	65
Brown Sugar	Sugar (Sucrose) White sugar with Molasses added	64
Caramel	Modified Sugar	60
Golden Syrup	Modified Sugar	60
Inverted Sugar	Modified Sugar	60
Refiners Sugar	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	46
Cane Juice	Sugar Extract	43

Sweetener	Type	GI
Barley Malt Syrup	Modified Sugar	42
HSH (Hydrogenated Starch Hydrolysate)	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	22
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

Sweetener	Type	GI
Brazzein	Natural Sweetener	0
Curculin	Natural Sweetener	0
Glycyrrhizin	Natural Sweetener	0
Luo Han Gul (Monkfruit)	Natural Sweetener	0
Miraculin	Natural Sweetener	0
Monellin	Natural Sweetener	0
Pentadin	Natural Sweetener	0
Stevia	Natural Sweetener	0
Thaumatococin	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
Amino Sweet *	Artificial Sweetener	0
NutraSweet / Equal *	Artificial Sweetener	0
Kabocha (BochaSweet)	Pentose (5-carbon ring monosaccharide) extracted from kabocha squash	0

Sources: [www.glycemic-index.org](http://www.glycemic-index.org) & [www.sugar-and-sweetener-guide.com](http://www.sugar-and-sweetener-guide.com)