

A guide to sweeteners

How to read the chart

Sweetness

Compared with table sugar, which has a sweetness value of 1




Glycemic Index (GI)

Relative ability to increase blood glucose level two hours after consumption, compared with pure glucose which is given a value of 100

Calories

Energy measured in kcal per gram of sweetener

Positive Attributes

-  Diabetic-friendly
-  Contains nutrients
-  Prebiotic; promotes a healthy gut

##






Name

Other / trade name

Description

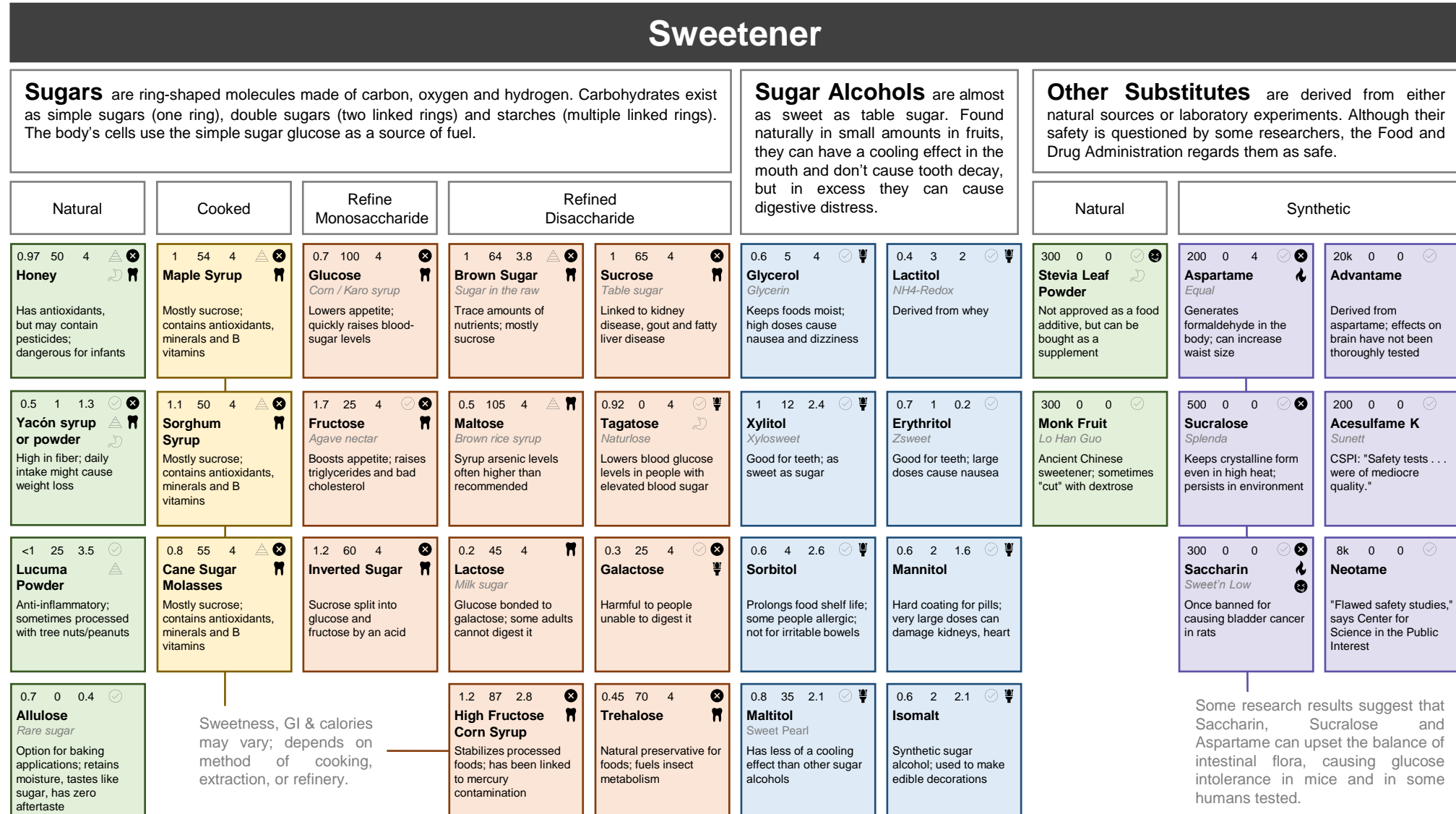


Negative Attributes

-  Too much can lead to metabolic problems
-  Causes tooth decay
-  Unstable in heat; not suitable for cooking
-  Excess amount can have a laxative effect
-  Has unpleasant aftertaste

Categorisation of sweeteners

The good, the bad, and the ugly



Sorting of sweeteners by characteristics

Sweetener in Category
 Marginal / Small Amounts
 Uncertain / Debatable

Low in Calories									
<i>We need calories to drive our metabolism, but too many calories can lead to trouble. People seeking to reduce calories from sweeteners might turn to some of these</i>									
						Lactitol	Stevia Leaf Powder		Advantame
Yacón syrup or powder				Tagatose	Xylitol	Erythritol	Monk Fruit	Sucralose	Acesulfame K
Lucuma Powder					Sorbitol	Mannitol		Saccharin	Neotame
Allulose			High Fructose Corn Syrup		Maltitol	Isomalt			

Safe for Diabetics									
<i>There are more natural alternatives than artificial ones for diabetics and hyper-glycemics who want to satisfy a sweet tooth without raising blood glucose levels.</i>									
					Glycerol	Lactitol	Stevia Leaf Powder	Aspartame	Advantame
Yacón syrup or powder		Fructose			Xylitol	Erythritol	Monk Fruit	Sucralose	Acesulfame K
Lucuma Powder					Sorbitol	Mannitol		Saccharin	Neotame
Allulose					Maltitol	Isomalt			

Can Upset Digestion									
<i>Less digestible sweeteners might be good for some bacteria in the gut, but too much of a good thing can lead to nausea or diarrhea.</i>									
					Glycerol	Lactitol			
					Xylitol	Erythritol			
					Sorbitol	Mannitol			
Allulose					Maltitol	Isomalt			

Contains Nutrients									
<i>Vitamins, minerals, enzymes and other healthful compounds are more likely to be found in raw or slightly processed sweeteners, all of which are derived from plants.</i>									
Honey	Maple Syrup		Brown Sugar						
Yacón syrup or powder									
Lucuma Powder	Cane Sugar Molasses								

Causes Tooth Decay									
<i>Most natural sugars fuel bacteria, which release acid that causes tooth decay. But some sweeteners are actually good for teeth.</i>									
Honey	Maple Syrup	Glucose	Brown Sugar	Sucrose					
Yacón syrup or powder	Sorghum Syrup	Fructose	Maltose		Xylitol	Erythritol			Has opposite effect
	Cane Sugar Molasses	Inverted Sugar	Lactose						
			High Fructose Corn Syrup	Trehalose					

May Taste Bad									
<i>Some compounds can trick our tongues into firing sweet signals, but in high concentration they can yield a bitter experience.</i>									
							Stevia Leaf Powder		
								Saccharin	

Good For The Gut									
<i>A healthy gut is good for the whole body, so a sweetener that promotes desirable intestinal bacteria can also alleviate some of the guilt associated with enjoying dessert.</i>									
Honey							Stevia Leaf Powder		
Yacón syrup or powder				Tagatose					

Disrupts Metabolism									
<i>Consuming too much sugar can lead to obesity, heart disease, metabolic syndrome, diabetes and high blood pressure. Some artificial sweeteners might also mess with metabolism.</i>									
Honey	Maple Syrup	Glucose	Brown Sugar	Sucrose					Aspartame
Yacón syrup or powder	Sorghum Syrup	Fructose							Sucralose
	Cane Sugar Molasses	Inverted Sugar			Galactose				Saccharin
					High Fructose Corn Syrup	Trehalose			

Unstable in Heat									
<i>The last thing that a baker wants is for a recipe's sweetener to break down into undesirable or dangerous substances while in the oven.</i>									
								Aspartame	
								Saccharin	

Sources

Graphics and descriptions based on Washington Post's: *A Guide to sweeteners, both synthetic and natural*; other metrics such as glycemic index, calories, and sweetness based on / crossed-checked with various internet sources.

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