	300 Sweeteners	s, Which is Best? (Alphabetical)	Best	Zero Carb	Low Carb	Paleo	So-Called Natural	High Carb	High Fructose	High Glycemic	Fermented	High Intensity	Industrial Use	Artificial
#	www.janeshealthykitchen.com, August,													
1	Ace-K	Also called Acesulfame K, a artificial sweetener that is 180-200 times sweeter than sugar. (potassium 6-methyl-2,2-dioxo-2H-1,2λ6,3-oxathiazin-4-olate)		zero carb	low carb							high- intensity		artificial
2	Acesulfame Potassium	Acesulfame potassium is a calorie-free artificial sweetener discovered in 1967. It is 200 times sweeter than sugar. Also known as Acesulfame K or "Ace-K".		zero carb	low							high- intensity		artificial
		Acesulfame K is an artificial sweetener that is 180-200 times		zero	low							high-		
3	Acesulfame-K	sweeter than sucrose (table sugar). Another name for Alitame chemical sweetener that is used in		carb	carb							intensity		artificial
4	Aclame™	some countries. Made from aspartic acid with dipeptide, it is about 2000 times sweeter than sugar. Agave Inulin is a low-glycemic dietary fiber from the agave		zero carb	low carb							high- intensity		artificial
5	Agave Inulin	plant. It is a bland tasting pre-biotic that supports healthy intestinal flora. It can also be used as a sweetener base in combination with high-intensity sweeteners.			low carb									
	Agave Nectar or Syrup	Agave juice is heated, reduced and hydrolyzed into a syrup that's as high in carbs and calories as table sugar, and 150% as sweet. While the raw juice is clearly natural and unrefined, once it is processed most people would consider it a refined sweetener. It is often higher than high fructose corn syrup. However numbers vary as there's no industry standard for agave production. Agave syrup does not cause a sudden spike in blood sugar because its main sugar is fructose, which is absorbed more slowly in the body. However new research now shows that fructose sugars destabilize metabolism equally or worse than cane sugar. Doctors say that consuming more than 20 grams (4 1/4 teaspoons) of fructose per day can trigger insulin response, metabolic imbalance, high cholesterol, and weight gain.					so-called natural	high carb	high fructose					
7	Alitame	An artificial sweetener similar to aspartame, made from aspartic acid with dipeptide. About 2000 times sweeter than sugar.		zero carb	low carb							high- intensity		artificial
8	AllSweet	Sweetener Blend made of Luo Han Guo Extract, refined Rebaudioside A and Xylitol. By vitasprings.com.			low carb						fermented			
9	Alpha	A new commercial Sweetener by PureCircle, a proprietary blend of processed and refined stevioside extracts.			low carb								Industrial	
10	Altern TM	Wal-Mart's Sucralose sweetener similar to Splenda.		zero	low									artificial
11	Amazake	A traditional Japanese porridge made from cooked fermented brown rice. Enzymes reduce the rice starch into simple sugars. GI 43					so-called natural	high carb	high	high glycemic				
12	Amidex™	Commercial Corn Syrup made by Corn Products US.						carb	fructose				Industrial	
13	AminoSweet®	Aspartame producer Ajinomoto's rebranded sweetener is called "AminoSweet". It contains Aspartame (aspartic acid & phenylalanine)		zero carb	low carb							high- intensity		artificial
14	Apple juice concentrate	High-carb sweetener made from dehydrated apple juice that is A high-intensity chemical sweetener made from Aspartyl-					so-called natural	high carb	high fructose					
15	Aspartame	phenylalanine-1-methyl ester Cyclamate. About 200 times sweeter than sugar. Requires warning label: CONTAINS PHENYLALANINE.		zero carb	low carb							high- intensity		artificial
	•	Commercial sweetener blend by Sweetener Solutions™, with Maltitol, accsulfame potassium and neotame. It is 30 times		caro	low							high-		
17	BakeSweet™ Barley Malt Powder or Syrup	Barley malt is made by soaking and sprouting barley. It is cooked until the starch is converted to sugar, then boiled down to syrup or dried into powder. Barley contains gluten. GI 42			carb			high carb high		high glycemic high		intensity		artificial
18	Beet Sugar	Refined white sugar made from beets. NOW Foods blend of refined Stevioside with Vegetable			,			carb		glycemic		1		
19	Better Stevia liquid	Glycerin. 1 tsp liquid = 1 cup sugar. See Stevia Glycerite. NOW Foods powdered refined stevioside blended with Rice			low carb							high- intensity	Industrial	
20	Better Stevia packets	Maltodextrin.			low carb							high- intensity	Industrial	
21	Blackstrap molasses	Molasses is a dark syrup by-product from the processing of sugar cane, grapes or sugar beets into sugar.						high carb		high glycemic				

		Brazzein is a sweet berry from the Oubli plant native to West Africa. It is a protein and is 1,000 - 2,000 times sweeter than sugar. Natur Research offers a sweetener Cweet										
		(http://cweet.com), made of Brazzein extract. Large scale extraction of natural brazzein is not feasible, but brazzein has been produced from GMO corn. Protein from the modified corn										
		contains 4% brazzein, which when purified is up to 1200 times										
22	Brazzein	sweeter than sucrose on a weight basis. Patents on Brazzein itself are owned by The University of Wisconsin. See Cweet.	zero carb	low carb	so-called natural					high- intensity		
		Made by culturing rice with enzymes to break down starches,										
		straining and cooking into a syrup. Sometimes called yinnie syrup. May have gluten unless it specifically says gluten-free.			" 1			,.,				
23	Brown Rice syrup	High carb. GI: 85			so-called natural	high carb		high glycemic				
24	C*IsoMaltidex™	Cargill brand Isomalt							fermented		Industrial	
25	C*Mannidex TM	Cargill brand Mannitol							fermented		Industrial	
26	C*Sorbidex TM	Cargill brand Sorbitol Canderel is a brand of artificial sweetener made mainly from							fermented		Industrial	
27	Canderel	aspartame, marketed by The Merisant Company.	zero carb	low carb						high- intensity		artificial
20	C1C@	A liquid sweetener using the chemical Sucralose, taking	zero	low						high-		
28	CandyS®	advantage of expiring patents on this chemical.	carb	carb		high		high		intensity		artificial
29	Cane juice crystals	Crystalline sugar cane juice				carb high		glycemic				
30	Cane sugar	Granulated sugar made from sugar cane.				carb high		glycemic high				
31	Caramel	Made by browning cane sugar. Carbitol® is a trademarked solvent of cellulose ethers and				carb		glycemic				
32	Carbitol	Natural and Artificial Gums and Resins by Union Carbide Chemicals. It is used in commercial baking.				high carb					Industrial	
		Carob was a sweetener in ancient Egypt. The syrup is made										
33	Carob syrup	from the carob pod. It is high carb and glycemic (high in glucose).				high carb		high glycemic				
34	Casco TM Corn Syrup	High Fructose Corn Syrup made by Corn Products US				high carb	high fructose	high glycemic			Industrial	
		Also called Tapioca syrup. A high glycemic sweetener with				high		high				
35	Cassava Syrup	similar carbs to rice and corn syrups.				carb		glycemic				
36	Castor Sugar	Finely ground cane sugar. Called Confectioners Sugar and Powdered Sugar. GI 65				high carb		high glycemic				
37	CBioSweet	Cargill Glucose syrup				high carb		high glycemic			Industrial	
38	CDex TM dextrose	Cargill brand Dextrose				high carb		high glycemic			Industrial	
30	Cerelose® Anhydrous	A low moisture commercial dextrose sweetener made by Corn				high		high				
39	Dextrose	Products US.				carb		glycemic			Industrial	
40	Cerelose® Dextrose	A commercial sweetener that is the monohydrate form of dextrose made by Corn Products US.				high carb		high glycemic			Industrial	
		Chic is a sweetener blend 97% vegetable fiber. It has a zero										
		glycemic Index, and is an effective prebiotic. It is made of chicory root fructans and Sucralose, an artificial high intensity										
41	Chic	sweetener.		low carb						high- intensity		artificial
		ChicolinTM contains 87% Inulin and 6% naturally occurring root sugars, giving it a mildly sweet, pleasant tasting, cotton candy flavor. You can combine Chicolin with refined Stevioside										
		extract to make a your own sugar substitute. By Bioquest		low								
42	Chicolin	Imports, BC, Canada		carb		high						
43	Clearbrew	Cargill brewing sweetener				carb	high				Industrial	
44	Cleardex	Cargill brand Corn Syrup				carb	fructose				Industrial	
45	ClearSweet	Cargill brand Corn Syrup				high carb	high fructose				Industrial	
46	ClearSweet®	Corn Syrup by Cargill				high	high fructose				Industrial	
		Coconut sugar (coconut nectar or coconut crystals) comes from										
		the sweet sap from cut flowers of the coconut palm. This sap is a pure unrefined Paleo sweetener with a delicious flavor like										
		brown sugar. To make commercial coconut sugar, raw sap is										
		heated or boiled down. It takes seven to eight gallons of raw sap										
		to produce one gallon of coconut sugar, however this varies widely as there is no industry standard or regulation. Coconut										
		sugar does not cause a big 'sugar rush' or a sudden spike in										
		blood sugar, since fructose sugars are absorbed more slowly.										
		However new research shows that all carbohydrate sugars destabilize the metabolism equally. Refined coconut sugar is										
		high in carbs (92%), often higher than high fructose corn syrup.			so-called	high	high					
47	Coconut crystals, sugar	GI 35 Coconut syrup is collected from sap of the coconut palm when	_		natural	carb	fructose					
		the blossoms are removed. It has a low GI 35. But it is high in			so-called	high	high					
48	Coconut syrup	fructose - 48.5%. And high in carbs - 92%.			natural	carb	fructose					

49	Confectioners' Sugar	Finely ground cane sugar. Same as Castor sugar and Powdered Sugar. GI 65				high carb		high glycemic				
50	Corn Sugar (HFCS)	Made from High Fructose Corn Syrup HFCS. GI 75 - 87				high carb	high fructose					
51	Crystal fructose	Fructose in crystal form. Fructose is a natural sugar found in plants and is 170% as sweet as table sugar. Consumption of over 25 grams per day is said to be detrimental to long-term health.				high carb	high fructose					
52	Crystalline dextrose	Dextrose in crystal form				high carb	nuciose	high glycemic				
32	Crystamic dextrose	An Australian sweetener blend of 99.6% cane sugar with a pinch				high		high				
53	CSR Smart	of refined Stevioside, a high intensity sweetener.				carb high		glycemic high				
54	CSweet TM	Cargill Glucose syrup				carb high	high	glycemic			Industrial	
55	CTruSweet™ Cukren®	Cargill Fructose syrup A Sucralose tabletop sweetener like Splenda. Cukren is available in sachets or tablets.	zero carb	low		carb	fructose			high- intensity	Industrial	artificial
57	Cweet	A Natural high intensity Sweetener that is 1,000 times sweeter than sugar, produced by Natur Research in California. It is made from Brazzein berries of West Africa. (See Brazzein) The sweetener is completely natural, zero calories, zero glycemic index, and no aftertaste. http://cweet.com	zero carb	low						high- intensity		
50	Contours	Sodium cyclamate (Eropean code 952) is an artificial sweetener.	zero	low						high-		26.11
58	Cyclamate	It is 30–50 times sweeter than sugar.	carb	carb		high	high			intensity		artificial
59	D-arabino-hexulose	A corn derivative sugar, another name for fructose.			so-called	carb high	fructose	high				
60	Date sugar	A natural high-carb sugar from dates.	zero	low	natural	carb		glycemic				
61	DaVinci Syrups	A line of sugar-free syrups sweetened with Sucralose.	carb	carb		high		high				artificial
62	Dehydrated cane juice Demerara	Sugar cane juice that has been dehydrated Raw sugar that takes its name from the Demerara colony in Guyana. Now it is made in other places as well. GI 65				high carb		glycemic high glycemic				
0.5	Demerara	Dextran is a complex polysaccharide made of many glucose				high		high				
64	Dextran	molecules.				carb high		glycemic high			Industrial	
65	Dextrose	A high-carb sugar made from corn.				carb		glycemic				
66	D-fructose	Another name for Fructose. Also called fruit sugar, levulose, D-fructofuranose, and D-arabino-hexulose.				high carb	high fructose					
	-1.1.12	A sweetener blend sold for diabetics made of Isomalt Polyol and		low								
67	DiabetiSweet	Acesulfame-K.		carb								artificial
68	Diastatic Malt	Also known as Malted Barley Flour, Diastatic Malt sweetener improves the flavor and appearance of commercial yeast breads.				high carb		high glycemic				
69	Dr. Grandma's Delight	A sweetener blend of GMO Erythritol plus fruit flavorings		low					fermented			
70	D-ribose	Sugar which is present in the body, such as ADP (adenosine diphosphate) and ATP (adenosine triphosphate). It is used in some sports and energy beverages. Not as highly processed as refined cane sugar, and retains some				high carb		high glycemic				
71	Dried Cane juice	of the nutrients of the sugar cane. Also called Evaporated Cane Sugar. GI 65				high carb		high glycemic				
72	D-Tagatose	An industrial sweetener sometimes made from dairy. If you are allergic to dairy, check with the manufacturer.				high carb		high glycemic			Industrial	
		The EU additive code for Sucralose, an artificial sweetener used	zero	low		-		37.2		high-		
73	E955	in Splenda.	carb zero	carb						intensity		artificial
74	E961	European Sweetener by NutraSweet, same as Neotame.	carb zero	carb								artificial
75	Emerald Forest	A brand of GMO corn Erythritol by Emerald Forest. Emulin is a proprietary, over-the-counter blend of three flavonoids designed to regulate sugar metabolism for diabetics.	carb	carb					fermented			
76	Emulin Sweetener	Often re-crystallized with table sugar (sucrose).				high carb		high glycemic				
		A high intensity, low calorie sweetener that is an industrial form of refined Steviioside or Rebaudioside. It is about 300 times sweeter than sugar. By Corn Products US.										
77	Enliten®	www.enlitensweetener.com. High Fructose Corn Syrup or High-Maltose Corn Syrup made by				high	high			high- intensity	Industrial	
78	Enzose®	Corn Products US				carb	fructose				Industrial	
79	Equal Classic	A high-intensity sweetener made with dextrose, Maltodextrin and aspartame.		low carb						high- intensity		artificial
80	Equal Classic Spoonful	Asweetener made with Maltodextrin and aspartame.		low carb								artificial
81	Equal Saccharin	A high-intensity sweetener made with dextrose, maltodextrin, and saccharin.		low carb						high- intensity		artificial
82	Equal Sucralose	A high-intensity artificial sweetener made with Dextrose, Maltodextrin and Sucralose.		low carb						high- intensity		artificial

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Fructans are a form of dietary fiber, a complex molecular structure consisting of fructose and places. Also known as infinit fiber, Fructa-oligosacchardes. POS, or Oligo-fructose. The fiber stays intact in the digestion until it reaches the colon, where it is fermented by friendly bacteria. Unlike fructose, firetans are not metabolized by the live. They do not affect blood sagar or instillar resporse. Agave fructans are from roc complex than integers to a given fructans are not metabolized by the live. They do not affect blood sagar or instillar resporse. Agave fructans are from the complex than integers one. Agave fructans are from the complex than integers one. Agave maint is a longer chain multin with less sweetness. Common sources for intil mare agave, beets, cane sugar, chirocyr root, gritic, Jensachem artichoke and onion. Intilia, FOS and sePOS are regarded as natural food ingredients and have been affirmed GRAS. Most people cat fructans without a problem. Fructans are a problem of propely the vostifier for fructose malabsorption, and a subset of IBS patients do not tolerate it. fructans well. A proprietary blend of crystalline Fructose, FOS and refined steviosicle provider. This blend is twice as sweet as sugar. Also called FOS, intilin or oligo-fructose, it is 50% as sweet as sugar. Also called FOS, intilin or oligo-fructose, it is 50% as sweet as sugar. The indigestible plant fiber is office attained from chicory not or Jerusalem artichoke. This powder is zero calories, zero carbon and zero glycemic. It is tooth friendly and a pre-biotic (Prebiotics are complex sugars that you can't digest that feed your gut bacteria (probiotics). It is office neurated from the day as a pre-biotic (Prebiotics are complex sugars, an occurs neural plant) plants. It is usually made from sugars, an occurs usually in plants. It is usually made from sugars, an occurs usually in plants. It is usually made from sugars, an occurs usually in plants. It is usually made from sugars, an occurs usually in plants. It is usually ma			Sweetener blend made with Inulin and Luo Han Guo Powder.	zero	low		so-called							
Fructans are a from of dietary fiber, a complex molecular sumular fiber, pruct-nigosaccharides, POS, or Oligo-Inctose. The fiber stays intact in the digestion until it reaches the colon, where it is fermented by friendly bacteria. Unlike fructose, fructans are not more complex than single, long chain clulm inflired problems. The fiber stays intact in the digestion until it reaches the colon, where it is fermented by friendly bacteria. Unlike fructose, fructans are not more complex than single, long chain clulm inflired microse complex than single, long chain clulm inflired so fructans. Chinopy root is a sweeter-short-chain molecule, and agave inulin is a longer chain intill mit more chicory root, garlie, Jerusalem artichoke and conion, Inulin, POS and serVOS are regarded as natural food ingredients and have been affirmed GRAS. Most people eat fructans without a problem. Fructans are a problem for people who suffer from fructose malabsorption, and a subset of IBS patients do not tolerate it. ### Fructans A proprietary blend of crystalline Fructose, POS and refined steviosacle prowder. This blend is twice as sweet as sugar. As called FOS, inulin or oligo-fructose, it is 50% as sweet as sugar. The indigestible plant fiber is often extracted from chicory root or Jerusalem artichoke. This powder is zero calories, zero carbo: general and zero glycumic. It is tooth friendly and a pre-biotic (Prebiotics are complex sugars that you can't digest that feed your gut bacteria (problotics). It is touth from used as a base in blending with more intense sweeteners. See fructans Granulated Fructose is 170% as sweet as the sugar. It is a component of many sugars, an occurs naturally in plants. It is usually made from sugars, an excurs anturally in plants. It is usually made from sugars, an excurs anturally in plants. It is usually made from sugars, an excurs anturally in plants. It is usually made from sugars, and cores necessaries when that it creates lipid for deposits and arrerial plange, inviting diabetes, obesity, high	92	Frisun Sweet Sensation	Also known as AllSweet, by vitasprings.com	carb	carb									
Fructans are a form of dietary fiber, a complex molecular structure consisting of fructose and glucose. Also known as inful fiber, Pructo-Oligosaccharides, POS, or Oligo-fructose. The fiber stays intact in the digestion until it reaches the colon, where it is formened by friendly bacteria. Unlike fructose, fructans are not metabolized by the live. They do not affect blood sugar or insulin response. Agave fructans are far more complex than single, long chained fluidin from chicory root (Implus chicoria L.), which supplies most commercial fructan. Intuin and POS are structurally described as fructans. Chicory root is a sweeter-short-chain molecule, and agave intuin is a longer chain intuilin with less sweetness. Common sources for intuin are agave, bees, cane sugar, chicory root, gluth, leading and pare-binding are placed as natural food ingredients and have been affirmed GRAS. Most people eat fructans without a problem. Fructans are a problem of prepelle who suffer from fructose malabsorption, and a subset of IBS patients do not tolerate it. front fructans will. A proprietary blend of crystalline Fructose, FOS and refined stevioside powder. This blend is twice as sweet as sugar. Also called FOS, intuition or oligo-fructose, it is 500% as sweet as sugar. The indigestible plant fiber is often extracted from chicory root or Jerusalem artichoke. This powder is zero calories, zero carb and zero glycuchic. It is tooth firemed microary root or Jerusalem artichoke and zero glycuchic. It is tooth firemed microary root or Jerusalem artichoke. This powder is zero calories, zero carb and zero glycuchic. It is tooth firemed microary root grup thackeric (probotics). It is tooth firemed microary root grup thackeric (probotics). It is tooth firemed used as a base in blending with more intense sweeteners. See fructans Granulated Fructose is 10% as weet as table sugar. It is a component of many sugars, an occurs naturally in plants. It is usually made from sugarc ane, sugar beets or corn. Fructose has a lower GL but new search	93	Frozen Fruit Concentrate	Same as Fruit Juice concentrate											
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sweetened with added fruit juice concentrates. All fruit juices	98	rruit juice concentrate		-			natural	carb	rructose					
- Ingli								١.						
77 FIRM BUCES (are fluorose and fluorose and fluorose and fluorose)	99	Fruit Juices	are high in fructose and high-carb.				so-called natural	high carb	high fructose					
			g mgn outo.			1				I .		ı		I

						so-called	high	high			1		
100	Fruit Sugar	Fructose, or high-carbohydrate sugar from fruits.				natural	carb	fructose					
		Fruit Up® is a natural fruit sweetener extracted from fruits using no chemicals or additives by Ex Drinks, LLC. It contains											
		fructose, glucose and sucrose. Fruit Up® has a glycemic index											
101	Fruit Up	of less than 35, and is very high in carbs.					high carb	high fructose					
	Tun op	FruitSource is the brand name of a granulated sweetener made											
102	FruitSource®	from grape juice concentrate and rice syrup					high carb	high fructose					
		FruitTrim is a liquid, carbohydrate-based sweetener made from					high	high					
103	FruitTrim®	fruit juice and dextrin, both high in carbs.					carb	fructose					
		Galactose is in the molecular family of carbohydrates like											
		sucrose, fructose and lactose. Galactose is made from in milk					high		high				
104	Galactose	and whey.					carb		glycemic				
							high	high					
105	Globe® and Globe® Plus	Commercial Corn Syrups made by Corn Products US.					carb	fructose				Industrial	
100	CI.	Glucose is a simple sugar (monosaccharide) and an important					high		high				
106	Glucose	carbohydrate in biology.					carb		glycemic				
		A sweet syrup made from the hydrolysis of starch. Corn is the											
		common source, and it is often called corn syrup. Can be made											
107	Glucose syrup	from potatoes, wheat, barley, rice and cassava.					high carb		high glycemic				
107	Graeose syrap	A sweet syrup made from palm or coconut. Often used in							8-7				
		prepared foods and cosmetics. See Glycerol, or Vegetable											
108	Glycerin	Glycerin										Industrial	
		Or Glycerine or glycerin. It is a fermented polyol sweetener that											
		is 60 % as sweet as sucrose. Although it has about the same calories of table sugar, it is non-glycemic and non-cariogenic.											
		Glycerine tastes sweet and is metabolized much like a											
		carbohydrate. It is not absorbed like a sugar. It causes no											
		glycemic response, or insulin secretion or activity like											
		carbohydrates. Glycerin is hydroscopic, meaning it dissolves											
		easily in water. It is often added to foods, especially baked											
		goods like energy and protein bars to preserve moistness. Its											
		taste makes it a superb sweetener because it has a low glycemic											
		index. Glycerin is fermented from vegetable fats or animal fats,											
		using microbes such as Saccharomyces cerevisiae. Or it can be											
		chemically synthesized from petroleum. It is used in many		low									
109	Glycerol	industrial products.		carb						fermented			
		Glycyrrhizin is a natural sweetener that is extracted from licorice											
		root. It is about 50 times as sweet as sugar. It has a strong											
		licorice flavour and so is not suitable as a sweetener on its own.		low							high-		
110	Glycyrrhizin	It is zero glycemic.		carb							intensity		
	CL VCTAD® Df	Proprietary blend of several polyols with glycerin to combine											
111	GLYSTAR® Performance	their benefits, such as retaining moisture at a lower cost in								fermented		To december 1	
111	Systems	prepared foods. By Corn Products US.								termented		Industrial	
112	Golden sugar	Often called yellow sugar, looks like honey and is usually made from corn.					high carb		high glycemic				
112	Golden sugai	An amber syrup popular in the UK, used for baking and pancake											
113	Golden Syrup	topping. Made from evaporated cane juice. GI 65					high carb		high glycemic				
-10	uen ojrup	Another name for Sugar, Table sugar, usually made from sugar											
114	Granulated sugar	cane or sugar beets. GI 65					high carb		high glycemic				
						so-called	high	high					
115	Grape juice concentrate	High-carb sweetener from concentrated grape juice				natural so-called	carb	fructose high					
116	Grape Sugar or syrup	High-carb sweetener from concentrated grape juice	L		<u> </u>	natural	carb	fructose					
		A proprietary blend by Swanson made of refined Stevioside		low							high-		
117	Green Leaf Stevia	powder and rice Maltodextrin.		carb							intensity	Industrial	
		The pure dried stevia leaf is available in a fine green powder that											
		is 30 times sweeter than sugar. It is raw, has a peculiar											
		aftertaste. When it is processed, it becomes pure white											
110	Green Stevia Powder	stevioside powder that has less aftertaste and is 250 - 300 times sweeter than sugar.	zero carb	low	Paleo						high-		
110	Green Stevia Powder	by Sweetener Solutions TM , this is a blend of Maltitol,	caro	carb	rateo						intensity		
119	GumSweet TM	acesulfame potassium and neotame.		low carb									artificial
117	Guilloweet	A Sweetener blend sold in Europe made of Maltodextrin, Inulin,											
120	Hermesetas (Europe)	Aspartame, Acesulfame-K.		low carb									artificial
0	HFCS - High Fructose	High Fructose Corn Syrup HFCS contains 42% to 55% fructose,					bia ^L	high					
121	Corn Syrup	and 79 - 85% carbs. GI 87					high carb	fructose					
		Corn based syrup with 30 – 50% Maltose content. It has a											
		somewhat lower glycemic index and lower fructose content than					high						
122	High Maltose Corn Syrup	HFCS.					carb					Industrial	

Raw, unprocessed honey is considered a super food and a remedy for many health ailments. It is a true Paleo sweetener that it is twice as sweet as sugar. Our ancestors were willing to take the risk of gathering it from bechives from time to time. But wait a minute – not every day! Honey is very high in carbs and calories, and it will give you a nice big blood sugar spike. For this reasons it is reserved as a rare Paleo treat, and is not used in these recipes. Honey contains 50% fructose, 44% glucose, and 1% sucrose, and a whopping 82% carbs. Gl: 30. When honey is refined and pasteurized it loses nutritional value. Often high fructose con syrup is added to processed honey. Honey, Refined & Often high fructose sweet as sugar. Gl 75 Hydrogenated Starch Hydrolates, a Polyol Sweetener made from Corn, Potato or Wheat Phydrogenated Starch Hydrolates, a Polyol Sweetener made from Made of fructose and glucose dissolved in liquid (syrup) form; produced from cane juice. Hydrolysis is a chemical process in which a molecule of a target substance is split into two parts by the addition of a molecule of water. Starches are hydrolized using acids or enzymes as catalysts. The results are often known as dextrin, maltodextrin, corn syrups, and Polydextrose. Hydrogenated starch hydrolysates help retain moisture, and are used to replace glycerin in prepared foods. By Corn Products U.S. Finely ground cane sugar. Same as Confectioners' sugar, Powdered Sugar and Castor sugar. Gl 65		
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126 Hydrolyzed cane juice the addition of a molecule of water. Starches are hydrolized using acids or enzymes as catalysts. The results are often known as dextrin, maltodextrin, corn syrups, and Polydextrose. Hydrolyzed starch Hydrogenated starch hydrolysates help retain moisture, and are used to replace glycerin in prepared foods. By Corn Products US. HYSTAR® Finely ground cane sugar. Same as Confectioners' sugar, high high		1
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127 Hydrolyzed starch and Polydextrose. Hydrogenated starch hydrolysates help retain moisture, and are used to replace glycerin in prepared foods. By Corn Products US. HYSTAR® US. Finely ground cane sugar. Same as Confectioners' sugar, high high		
used to replace glycerin in prepared foods. By Corn Products US. HYSTAR® US.	Industrial	
Finely ground cane sugar. Same as Confectioners' sugar,		
	Industrial	
A sweetener made with Xylitol, Dextrose, Maltodextrin & low carb		artificial
131 InstaSweet An artificial sweetener made from aspartame zero low carb carb limensity		artificial
Inulin is a low-glycemic soluble plant fiber that is incompletely		
digested in the intestines. It can be made from chicory root, Jerusalem artichoke and agave cactus and other plants. Inulin		
sweetness ranges from completely bland to subtly sweet and can		
be used to replace sugar and flour. Also called FOS, fructo- oligosaccharides, inulin or oligo-fructose. Pure inulin powder is		
zero calories, zero carb and zero glycemic. It is a pre-biotic and tooth friendly. It is often used as a base in blending with more		
intense sweeteners. Chicory root Inulin is sweeter than inulin		
132 Inulin Powder 100% from other sources. A mixture of glucose and fructose resulting from the hydrolysis		
of sucrose. It is found naturally in fruits and honey and produced high high carb glycemic		
A blend of cane sugar and High Fructose Corn Syrup by Corn 134 Invertose® Products US.	Industrial	
European high-intensity Sweetening powder, with an aspartame zero low low carb carb carb intensity		artificial
136 IsoClear® HFCS - High Fructose Corn Syrup by Cargill carb fructose	Industrial	
Similar to a Polyol, usually classified as one, but it is not a polyol or fermented sugar alcohol. It is made in a two step		
process from sugar beets and Isomaltulose using the Raney		
Nickel chemical system. Isomalt appears to be well tolerated in humans, however, it does NOT occur naturally in Nature.		
137 Isomalt Isomalt is half as sweet as sugar.		
138 IsoMaltidex TM Pure Isomalt by Cargill. Made from beets.		
139 Isomaltulose A low calorie crystalline sweetener made from Isomalt	Industrial	
and Is said to be low in carbs. It tastes a bit like molasses. Sold low carb Paleo natural		
A zero calorie, zero glycemic, zero carb granulated sweetener		
made from chicory root dietary fiber, Calcium, Vitamin C and Natural Flavors from steamed orange peel. Baking blend		
requires 1 3/4 cups JLS to equal one cup of sugar, and is		
141 Just Like Sugar® Baking designed for commercial use by weight. Carb Paleo		
made from chicory root dietary fiber, Calcium, Vitamin C and		
Natural Flavors from steamed orange peel and molasses. Use zero low		4

	I		ı						1	1			I	
		A zero calorie, zero glycemic, zero carb granulated sweetener												
		made from natural chicory root dietary fiber, plus Calcium,												
		Vitamin C and Natural Flavors from orange peel, which is 300												
		times sweeter than sugar. Use it cup for cup like sugar. Buy it at Whole Foods Markets nationwide or online from												
		JustLikeSugarInc.com, Vitacost.com, Netrition.com, or		zero	low									
143	Just Like Sugar® TableTop	Amazon.com. Ask for the 1# bag of Table Top.	Best	carb	carb	Paleo								
		A West African berry that is 3200 times sweeter than sugar.												
144	Katemfe	Also called the Sweet Prayer plant and used in making Thaumatin.		zero carb	low carb	Paleo						high- intensity		
	reaconic	A pure Polyol fermented sweetener that is 40% as sweet as			low									
145	Lactitol	sugar, made from dairy whey.			carb						fermented			
146	Lactose	A complex sugar found in milk.						high		high glycemic				
		A crusestance mode from Non-CMO Engilheital and I vo Han												
		A sweetener made from Non-GMO Erythritol and Luo Han Guo, and used cup for cup like sugar. This is zero calories, zero			,									
147	Lakanto TM	carbs, and zero glycemic. It is quite expensive.		zero carb	low carb						fermented			
148	Levulose	Another name for Fructose						high carb	high fructose					
1.0	<u> </u>	This naturally sweet root contains Glycyrrhizin, a natural plant												
		sweetener with a very strong flavor. Licorice may be OK in												
1/10	Licorice root	small amounts. Large doses can cause water or thyroid imbalance.		zero	low		so-called					high- intensity		
147	Licorice root	Litesse is a corn-based sweetener often found in Lindt sugar-free		carb	carb		natural	high				mensity		
150	Litesse	chocolates.						carb					Industrial	
1.5.	La Han Court and Trans	Luo Han Guo drops are low in carbs and used as a sugar		zero	low		so-called							
151	Lo Han Guo Liquid Extract	substitute in beverages.		carb	carb		natural							
		A sweetener blend of corn-derived Xylitol, Lo Han Guo and												
		Inulin FOS, Fructo-oligosaccharides. Low in carbs, it is sold in			low		so-called							
152	Lo Han Sweet by Jarrow	the supplement section of most healthy groceries. Logicane is a cane sugar product used in Australia. It is less			carb		natural							
153	Logicane	refined and has a slightly lower glycemic index of 50.						high carb		high glycemic				
		A sweet powder of the South American Lucuma fruit that is said												
		to be low in carbs. Its sweetness makes it a delicious addition to			low									
154	Lucuma Powder	gluten-free flours.			carb	Paleo								
		Pronounced Lo-Han-GWO, this Chinese herb is a delicious zero-												
		carb, zero calorie sweetener that is 20 times sweeter than sugar.												
		Luo Han Guo fruit is a totally natural (Paleo) food and the dried whole fruit powder has a delicious flavor similar to chocolate or												
		molasses. You can buy the pure whole dried fruit from an		zero	low		so-called							
155	Luo Han Guo Fruit	herbalist and grind it into a powder using a super blender.		carb	carb	Paleo	natural							
		Grown only in Chine by international law. Luc Hen Gue nowder												
		Grown only in China by international law, Luo Han Guo powder is used by Chinese herbalists as a tonic for the lungs. However it			1							Li-L		
156	Luo Han Guo powder	is usually mixed with other ingredients, such as dextrin.		zero carb	low carb							high- intensity		
		Often made from barley, this is a high-carb sweetener used in						high		high				
157	Malt syrup	making beer. Made from barley, this is a high-carb sweetener used in making						carb		glycemic				
158	Malted Barley Syrup	beer.						high carb		high glycemic				
159	Maltidex TM	Cargill brand Maltitol									fermented		Industrial	
		Maltitol is a fermented crystal polyol sweetener sold by												
160	Maltisorb TM	Roquette America Inc, used for commercial low glycemic cakes, cookies, snacks.									fermented		Industrial	
100		Proprietary Maltitol & Maltitol Polyol crystals and Syrups by											Juoniai	
161	MALTISWEET®	Corn Products US.									fermented		Industrial	
		Maltitol is a pure fermented sugar (Polyol) usually made from												
		Cornstarch. Look for a non-GMO variety. It has 90% the												
		sweetness of sugar. GI of 36. Maltitol has half the calories of												
160	Multital	sugar. Over 100 grams per day (6 ½ Tbsp) of Maltitol may have			low carb						fermented			
102	Maltitol	a laxative effect. Maltitol does not promote tooth cavities. A liquid form of a pure Polyol that is 90% as sweet as sugar,			low						Definented			
163	Maltitol Syrup	made from corn starch.		L	carb			L_			fermented			
		A high changes complex conhabitation with a life had a												
		A high glycemic complex carbohydrate which adds body to food. It is a bulking agent and is less sweet than sugar or												
		fructose. It is usually made from corn.GI 150. Sometimes it is						high		high				
164	Maltodextrin	made from rice, and has a lower glycemic indix.						carb		glycemic				
		Maltol is a flavor enhancer found in tree bark, pine needles, and												
		roasted malt . It smells like cotton candy or caramel, and is used												
165	Maltol	as a flavor enhancer in commercial baking.											Industrial	
166	Maltaga	A sugar made from cereals (usually barley) that is half a sweet						high carb		high				_
100	Maltose	as sugar. Also called Malt Sugar.						carb		glycemic				

		By Sweetener Solutions TM , a proprietary blend of Maltitol and											
167	Maltotame	other unknown ingredients.								fermented		Industrial	
168	Mannidex TM	Pure Maltitol by Cargill. Made from corn starch.		low						fermented			
		A pure fermented Polyol Sweetener that is 60% as sweet as		low									
169	Mannitol	sugar, made from cornstarch. Used in low-calorie commercial candies to improves stability	<u> </u>	carb			<u> </u>			fermented	 		<u> </u>
170	Mannitol Powder	and shelf life. By Corn Products US.									ĺ	Industrial	
		Pure sap from maple trees is a truly natural (and Paleo) sweetener used for centuries by the American Indians. This is a									ĺ		
		thick, sticky sap that is slightly sweet. It is boiled and reduced to									ĺ		
		2% of its volume to make commercial maple syrup. It is high in				so-called	high	high			ĺ		
171	Maple Sap, Raw	carbs. If you have a maple tree, try some! Maple crystals are made by boiling sap from maple trees. High-	<u> </u>		Paleo	natural	carb	fructose					
172	Maple sugar	carbs and GI of 54.				so-called natural	high carb		high glycemic		ĺ		
		Commercial maple syrup is refined by boiling the raw sap down into a concentrated syrup. It takes 55 gallons of raw maple sap									ĺ		
		to produce 1 gallon of commercial maple syrup. While it is									ĺ		
		considered by many to be a 'natural' or less processed sweetener,				so-called	high		high		ĺ		
173	Maple syrup	maple syrup is very high in carbs, much like table sugar. GI 54.				natural	carb		glycemic				
174	Mascobado sugar	Raw Cane Sugar. Also called Muscovado Sugar or Barbados Sugar.				so-called natural	high carb		high glycemic		ĺ		
1,7									8-,				
		"Miracle fruit", or Synsepalum dulcificum, is a bush native to											
		West Africa. Eating the berries from a miracle fruit plant causes bitter and sour foods such as lemons and rhubarb to taste sweet.									1		
		This alters our experience of sour foods. The effect lasts											
		between ten minutes and two hours. Miracle fruit is 100%	zero	low							high-		
175	Miraculin	natural and has no known adverse side effects." A delicious dark sweet syrup that is a by-product in sugar	carb	carb	Paleo		—				intensity		<u> </u>
176	Molasses	refining. It is high carb and glycemic.				so-called natural	high carb		high glycemic		ĺ		
1,0	110143505	Is a naturally occurring, high intensity sweetener 1400 times											
		sweeter than sugar isolated from the plant Sclerochiton									ĺ		
		ilicifolius, of the Transvaal region of South Africa. Monatin contains no carbs or sugars. Cargill is researching its possible									ĺ		
177	Monatin	use in blends with Erythritol.	zero carb	low carb							high- intensity		
		Monellin is a natural sweetener. It is approx 1,500 times as											
		sweet as sugar. It is found in the fruit of the Serendipity Berry which is native to Central and West Africa. Zero GI, zero carbs,									ĺ		
		zero calories, completely Paleo, natural and suitable for											
178	Monellin	diabetics.	zero carb	low carb	Paleo						high- intensity		
		A High Maltose Corn Syrup used for baking, candies and					high						
179	Mor-Sweet®	brewing by Corn Products US. A disaccharide that is 45% as sweet as sugar. It is found in	_		-		carb					Industrial	
		sunflower seeds, moonwort, Selaginella plants and sea algae.				so-called	high		high		ĺ		
180	Mushroom Sugar	Also known as Trehalose.				natural	carb		glycemic				
101	Mussas	Another name for Trehalose, a disaccharide carbohydrate also				so-called natural	high carb		high		ĺ		
181	Mycose	known as mushroom sugar.	\vdash			naturai	carb		glycemic		 		_
		Low-glycemic diabetic sweetener by Indian firm Alken											
100	N C	Laboratories from sugar cane juice using nano-technology,									high-		
182	Nano Sugar	which manipulates on a microscopic atomic and molecular scale. An artificial sweetener blend of Dextrin, Maltodextrin &	\vdash		$\vdash \vdash$		\vdash				intensity	Industrial	
183	NatraTaste	Aspartame		low carb									artificial
		A glycemic blend of organic cane crystals, Erythritol,											
		Isomaltulose and oligofructose. It is measured cup for cup like sugar. Glycemic index of 34 is lower than sugar. Sold by											
184	Natur Baker's Blend	www.bakersblend.com. See Cweet.					high carb		high glycemic				
107	Notional Co	A name often used for unrefined cane sugar, made from sugar				so-called	high		high				
	Natural Sugar Naturelose™	cane or sugar beets. Pure sucrose, high in carbs and glycemic. A low-calorie sweetener made from dairy-based Tagatose.	\vdash		\vdash	natural	carb		glycemic		<u> </u>	Industrial	
100	11411110000	Honey substitute made from Xylitol, water, honey flavor,	\vdash		\vdash		\vdash					musulai	<u> </u>
	Nature's Hollow Tastes	xanthan gum, citric acid, sorbic acid, caramel coloring.		low									
187	Like Honey	A polyol gygotopor mode from myre com: Matrical Trials	<u> </u>	carb			<u> </u>		<u> </u>	fermented			
		A polyol sweetener made from pure corn Maltitol. It is low in carbs and can be used cup for cup like sugar for baking and		,									
188	NatureSweet	cooking.		low carb						fermented			
189	NectaSweet	An artificial sweetener made from Saccharin.	zero carb	low carb									artificial
			zero	low							high-		
	NeoCrystals TM	A high-intensity chemical sweetener by Sweetener Solutions TM	carb	carb			Ь				intensity		artificial
	Neohesperidine Dihydrochalcone	NDHC - an artificial sweetener derived from citrus that is 1500- 1800 times sweeter than sugar.	zero carb	low carb							high- intensity		artificial
191	jaroenareone		1	0	('						ciny		
191		Sweetener by NutraSweet, made with Aspartic acid and	zero	low							high-		

193	Nevella®	A tabletop sweetener that blends Maltodextrin, dextrose and high-intensity Sucralose.			low carb									artificial
194	Novasweet TM	Made with Alitame (aspartic acid with dipeptide), and about 2000 times sweeter than sugar.		zero carb	low carb							high- intensity		artificial
		A natural polyol sweetener that is 70% as sweet as sugar and causes no gastric disturbance, unlike another Polyols. It has a cooling taste. It can be made from plant starches and is usually		zero	low									
195	NuNaturals Erythritol NuNaturals MoreFiber	made from corn. Ask for a Non-GMO source. A sugar substitute that blends high glycemic Maltodextrin with		carb	carb						fermented			
196	Stevia Baking Blend	refined stevioside.						high carb		high glycemic				
197	Nustevia	A sugar substitute that blends Maltodextrin with refined stevioside.						high carb		high glycemic				
	NutraSweet® and	A high intensity sweetener made with aspartic acid and		zero	low							high-		
198	NutraSweet 2000®	phenylalanine Inulin fiber from plant sources, also called fructo-		carb	carb							intensity		artificial
199	Oligofructose	oligosaccharides. It is a healthy pre-biotic, tooth-friendly, low calorie low glycemic crystal that is slightly sweet and an excellent base for blends. See Fructo-oligosaccharides or Fructans.			low carb									
177	Ongonuciose				caro									
200	OmniBalance	OmniBalance is a sweetener made from Chicory root extract, Fructooligosaccharides (FOS), Pantothenic acid, Chromium, and refined Stevioside. It is 4X as sweet as sugar.			low carb							high- intensity	Industrial	
		A glycemic sweetener that blends Maltodextrin with refined						high		high		-		
201	Only Sweet	stevioside.						carb		glycemic				
202	Orafti™	A line of commercial sweeteners made from chicory root inulin or oligo-fructose, by Beneo-Orafti in Europe (Belgium).			low carb									
203	Organic Sugar	Often made from barley, this is a glycemic sweetener used primarily in making beer.					so-called natural	high carb		high glycemic				
204	Oi- 7TM	A brand of pure 100% Non-GMO Erythritol available in Whole		zero	low									
-	Organic Zero TM Palatinose	Foods Markets and online at Amazon.com Commercial sweetener made from Isomalt	Best	carb	carb						fermented fermented		Industrial	
		Palm sugar is collected from sap of the coconut palm when the												
206	Palm Sugar	blossoms are cut. Low GI: 35. High Fructose: 48.5%. Very high- carbs: 92% A traditional cone of unrefined sugar, also know as panela and					so-called natural	high carb	high fructose					
207	Panocha	piloncillo in Spanish.					so-called natural	high carb		high glycemic				
		Pentadin is a natural high-intensity sweetener, which like Brazzein, comes from the Oubli plant native to West Africa. Zero GI, zero carbs, zero calries, totally natural, Paleo and			low							high-		
208	Pentadin	suitable for diabetics.			carb	Paleo						intensity		
209	Phenylalanine	An α-amino acid that is part of the high-intensity sweetener Aspartame. Mexican dark brown sugar. The sugar cones are delicious with a		zero carb	low carb							high- intensity		artificial
210	Piloncillo	high molasses content.					so-called natural	high carb		high glycemic				
211	Polydextrose	A high-carb, glycemic syrup made from corn.						high carb		high glycemic			Industrial	
212	Polyglycitol syrups	Polyol Blend made primarily of Maltitol, Sorbitol and higher molecular weight polyols.						high carb			fermented		Industrial	
		Finely ground cane sugar. Same as confectioners' sugar and						high		high				
213	Powdered Sugar	castor sugar. GI 65 A zero calorie zero calorie, zero carb natural sweetener blend of		zero	low			carb		glycemic				
214	PureLo - by Swanson	Inulin fiber and Luo Han Guo herb.		carb	carb									
215	PureVia TM	A proprietary sweetener of Erythritol and refined Stevioside or Rebaudioside. More study is needed regarding its sources, processing methods and other ingredients.									fermented		Industrial	
216	D 0 : 0 :	A sweetener made from refined stevioside sold in sachets or liquid. Contains Organic agave inulin, organic Stevoiside		zero	low							high-		
216	Pyure Organic Stevia	extracts, and natural flavor. By Pyuresweet.com. This natural plant sweetener, also called melitose, is a trisaccharide sugar molecule from beans, peas, cabbage,		carb	carb							intensity	Industrial	
217	Raffinose	Brussels sprouts, and broccoli. Low carb, low calorie, and diabetic friendly.			low carb									
218	Rapadura®	A form of dried sugar cane juice common in Latin American countries such as Brazil, Argentina and Venezuela as papelón. High carb and glycemic.					so-called natural	high carb		high glycemic				
	Raw Sugar	Raw sugar is partially processed cane sugar in large crystals. Also called Turbinado Sugar. GI 65					so-called natural	high carb		high glycemic				
		Rebiana is a zero-calorie sweetener produced by proprietary methods by extracting sweetness from the stevia leaf with chemicals and heat, and refining into a high intensity powder		705-	low							biok		
220	Rebiana	that is 200 - 300 times as sweet as sugar. See Stevioside.		zero carb	low carb							high- intensity	Industrial	

									1		T		
		Refined Rebaudioside is made from the stevia leaf, where its sweetness is isolated and concentrated using heat and chemicals into a powder about 300 times sweeter than table sugar, with somewhat reduced aftertaste. It can be purchased as a white powder or liquid drops. China is the world's primary producer of rebaudioside. Processed rebaudioside is not a natural sweetener. Many people find a bitter aftertaste to all stevia	zero	low							high-		
221	Rebaudioside	derivatives. See Stevioside.	carb	carb							intensity	Industrial	
222	Refiners syrup	A dark, thick syrup from sugar cane with a rich flavor. It contains fructose and glucose in pure form.					high carb		high glycemic				
223	Rice Syrup	A syrup made by culturing rice with enzymes to break down the starches, then straining and cooking it until it is a syrup. Also called yinnie syrup. High-carb and glycemic. GI: 85				so-called natural	high carb		high glycemic				
224	Royal T® Dextrose	Commercial corn based sweetener by Corn Products US.					high carb	high fructose				Industrial	
225	Saccharin	Artificial sweetener made with Methyl anthranilate.	zero carb	low carb							high- intensity		artificial
226	Satin Sweet TM	A Cargill brand Corn Syrup					high carb	high fructose				Industrial	
227	Shugr TM	A sweetener blend of Erythritol, Maltodextrin, Tagatose and Sucralose.		low carb									artificial
221	Silugi	A Chinese brand sweetener similar to Truvia made from		caro									artificial
220	Slimstevia	genetically modified corn Erythritol with refined Stevioside and/or Rebaudioside.		low						6 . 1		7.1.7.1	
228	Siimstevia	Also Called TriMedica SlimSweet. It is a blend of Levulose, a		carb			high	high		fermented		Industrial	
229	SlimSweet	form of Fructose, and Luo Han Guo herb.					carb	fructose					
230	Slimtevia	A high-intensity sweetener that is 3 times sweeter than sugar. It is made with Fructose, Inulin, FOS (Fructooligosaccharides) and Magnesium Carbonate. http://slimtevia.com					high carb	high fructose			high- intensity		
		A sweetener blend made with cane sugar and other unknown ingredients. It measures cup for cup like sugar, but with half the calories of sugar. It has less than 5 calories per serving (one teaspoon), which the FDA considers dietetically zero. Also					high		high				
231	Smart Sugar®	called Azúcar Delgado in Spanish.					carb		glycemic				
232	SmartSweet Xylitol	A brand of Non-GMO Xylitol sold by Global Sweet. See Xylitol.		low carb						fermented			
		A sweetener blend by Suzanne Somers that contains Inulin,		low			high	high					
233	SomerSweet	Erythritol and Fructose. It is low in carbs. A sweetener made from a digestive fiber called "FiberSol-2TM"		low			carb	fructose					
234	Soooo Sweet	plus refined stevioside powder.		carb								Industrial	
235	Sorbidex TM	Pure Sorbitol by Cargill. Made from corn starch.		carb						fermented			
236	Sorbitame TM	by Sweetener Solutions™, an unknown blend of artificial sweeteners.									high- intensity	Industrial	
	Sorbitol	A Polyol Sweetener that is 60% as sweet as sugar, and is made from corn starch.		low carb						fermented			
	SORBO®	A clear syrup Sorbitol Solution used in commercial desserts, to retain moisture and extend shelf life. By Corn Products US. Crystalline Sorbitol is a fermented Polyol sweetener used in					high carb			fermented		Industrial	
230	SORBOGEM®	commercial baking and candies to retain moisture and extend shelf life. By Corn Products US.								fermented		Industrial	
	Sorghum and Sorghum Syrup	Sweet sorghum syrup is made from sorghum grain. It tastes a bit like molasses and has a high sugar content. High carb and glycemic.				so-called	high carb		high glycemic	remened		industrial	
241	Special FXTM	Cargill brand fructose & glucose oligosaccharide					high carb	high fructose	high glycemic			Industrial	
	-	Splenda is made of glycemic sugars dextrose and Maltodextrin, plus Sucralose, a high-intensity artificial chemical sweetener that		low							high-		
242	Splenda®	is 600 times sweeter than sugar.	zero	carb							intensity		artificial
243	Spoonful®	See Equal	carb	carb									artificial
244	STABILITE®	Polyglycitol Syrups & Powders combine Maltitol, Sorbitol and high-molecular-weight polymers for sugar-free candies, and spay coatings of commercial baked goods. By Corn Products US.										Industrial	
	Stevia by Xymogen	A sweeter blend of high-glycemic Non-GMO Maltodextrin and refined Stevioside Extract (Rebiana).					high carb		high glycemic			Industrial	
	Stevia dried leaf	The unrefined, dried leaves of the South American plant Stevia Rebaudiana are 30–45 times as sweet as table sugar. Pure stevia is available as a potted plant, in bulk dried leaves, or as a green powder. Raw stevia is a truly natural (and Paleo) sweetener. However many people find it has a strong aftertaste. Find it as leaf particles or green powder in food coops and online.	zero carb	low carb	Paleo						high- intensity		

		This is a glycemic combination of corn Maltodextrin plus refined				high		high				
247	Stevia extract in the raw TM	stevioside. A brand of refined stevioside powder blended with Inulin Fructo-				carb		glycemic			Industrial	
		oligosaccharides. This is a zero calorie, zero carb, diabetic	zero	low								
248	Stevia FOS Blend	friendly sweetener.	carb	carb							Industrial	
		Proprietary liquid drops by NOW Foods, with refined stevioside										
249	Stevia Glycerate	and Vegetable Glycerin. Glycerine is digested as a non-glycemic carbohydrate. 1 tsp Stevia Glycerate = 1 cup sugar.		low carb						high- intensity	Industrial	
		A blend of refined stevioside and cane sugar by Imperial Sugar				high		high				
250	Steviacane TM	Company This is refined stevioside powder in a liquid alcohol solution.				carb		glycemic			Industrial	
251	SteviaClear Drops	The drops are 250 - 300 times as sweet as sugar.	zero carb	low carb						high- intensity	Industrial	
252	Stevioside Liquid Extract	Stevioside drops are made from stevia leaves that are refined using formaldehyde and methyl alcohol and then put in a liquid alcohol solution. There are many sources for stevioside drops and I find they have a strong aftertaste. Most refined Stevioside drops are mixed with other ingredients. Look for the purest form with no added ingredients. The drops are 250 - 300 times as sweet as sugar.	zero carb	low carb						high- intensity	Industrial	
		Refined Stevioside and Rebaudioside are made from the stevia leaf. Its sweetness is isolated and concentrated using heat and chemicals into a powder about 300 times sweeter than table sugar, with somewhat reduced aftertaste. It can be purchased as a white powder or liquid drops. China is the world's primary producer of stevioside. Refined Stevioside and Rebaudioside are often sold in proprietary blends with cane sugar, artificial sweeteners, or other chemicals and rebranded under the generic name of "Stevia". Processed stevioside is not a natural sweetener. Many people find a bitter aftertaste to all stevia	zero	low						high-		
253	Stevioside Powder, refined	derivatives.	carb	carb						intensity	Industrial	
254	Stevita Spoonables	A blend of Erythritol and refined Stevioside. Ask for Non-GMO source.	zero carb	low carb					fermented		Industrial	
255	Steviva Blend	A blend of high quality Non-GMO Erythritol with refined Stevioside powder that is twice as sweet as sugar.	zero carb	low carb					fermented		Industrial	
	Sucanat®	The name comes from French "Sucre de canne naturel". It is a brand name for an unrefined cane sugar similar to panela and muscovado. Sucanat retains its molasses content. Carb content same as table sugar.	curo	Can 5		high carb		high glycemic	iemened		Industrial	
		An artificial sweetener similar to Splenda made of Maltodextrin		low				0,711				
257	Sucra®	and Sucralose.		carb								artificial
258	Sucralose	Sucralose is a substance that is not found in nature. It is a chemical laboratory creation from sucrose and chlorine, treated with a variety of acids. Sucralose is approximately 600 times as sweet as table sugar, and is the sweetness in Splenda.	zero carb	low carb						high- intensity		artificial
259	SucraPlus®	A zero-calorie chemical sweetener taking advantage of expiring Sucralose patents, mixed with refined steviosideand aspartame. Introduced by Fusion Nutraceuticals.	zero carb	low carb						high- intensity		artificial
260	G G JTM	High-intensity sweetener blend by Sweetener Solutions, LLC, which is 600 times sweeter than sugar. A blend of a polyol		low						high-		
200	SucraSweet TM	(Maltitol), acesulfame potassium and neotame. A crystalline disaccharide of fructose and glucose, extracted		carb						intensity		artificial
261	Sucrose	mainly from sugar cane and sugar beets, called White sugar, Cane sugar, Table Sugar or saccharose.				high carb		high glycemic				
262	Sucrose acetate isobutyrate	SAIB is made from cane sugar. It is used in beverages to add weight, stability and as an emulsifier for flavorings. Granulated sugar, also known as table sugar. Usually made from				high carb		high glycemic			Industrial	
263	Sugar	sugar cane or beets. GI 65				high carb		high glycemic				
264	Sugar Free Gold	India's largest selling high-intensity sweetener, made with aspartame.	zero carb	low carb						high- intensity		artificial
	-	Turbinado sugar, or a raw sugar crystallized from the initial	Cano	0	so-called	high		high				
	Sugar in the Raw®	pressing of sugar cane.	zero	low	natural	carb		glycemic		high-		
266	Sugar Twin®	A Saccharin sweetener sold in Canada.	carb	carb						intensity		artificial
267	Sugaridextrose	Granulated corn sugar combined with cane or beet sugar. The result is a white sugar that costs less. Also called blended sugar.				high carb		high glycemic				
268	SugarNot TM	A sweetener blend of fructose from corn, with Lo Han fruit concentrate and silica. High in carbs.				high carb	high fructose					
	Sukrana®	Sukrana is a zero caloric sweetener brand made of the chemical Sucralose, registered by Meditex.	zero carb	low carb						high- intensity		artificial
	Sun Crystals®	A blend of cane sugar and refined stevisoide.	caro	caro		high		high		mensity		aranciai
270	Dun Ci yaidis@	11 ordina of cane sugar and ferricu stevisorde.				carb		glycemic				1

		Sunett® is the brand name for the high-intensity artificial	zero	low						high-		
271	Sunett®	sweetener acesulfame K, registered by Nutrinova. Sweetener by NXT Nutritionals made from Inulin, fructose,	carb	carb						intensity		artificial
272	SUSTA	natural flavors and a probiotic.		low carb		high carb	high fructose					
273	Sweet & Safe®	Also called Sweet-N-Safe®. Made with Acesulfame-K	zero carb	low carb						high- intensity		artificial
274	Sweet & Slender	A blend of fructose and Luo Han Guo fruit extract.				high carb	high fructose					
275	Sweet Choice	Artificial sweetener blend of Maltodextrin & Sucralose		low carb								artificial
276	Sweet N' Low®	Artificial sweetener blend of saccharin and cyclamate	zero carb	low								artificial
277	Sweet Serum	A low carb, low glycemic liquid sweetener that contains organic raw agave inulin, Yacon root and Stevia. Sweet Serum has a very concentrated sweet honey taste. I teaspoon Sweet Serum is equal in sweetness to about 5 teaspoons sugar. A Sugar Substitute made from Erythritol, Fructose and Natural		low carb	so-called natural					high- intensity		
278	Sweet Simplicity®	Flavors by Whole Earth Sweetener Company, the makers of PureVia.				high carb	high fructose		fermented		Industrial	
279	Sweet'nVit stevia	A high intensity sweetener developed by the European firm Vitiva contains refined Etevioside, Erythritol and Maltitol. Cargill Sweetener blend made from polyols Erythritol, Isomalt,		low carb					fermented	high- intensity	Industrial	
280	SweetDesign TM	Polydextrose and Sorbitol plus high-intensity sweeteners ace-K and neotame. A blend of Non-GMO Erythritol, FOS from Non-GMO sugar		low carb								artificial
		beets, Inulin from Jerusalem artichokes, Fructose, Citric extract		low			high					
	SweetenMe	and flavors.		carb		high	fructose high		fermented			
	SweetFreedom	UK sweetener made from apples, grapes and carob		low		carb	fructose					
283	SweetLeaf Stevia Shaker	A blend of refined stevioside powder and inulin. A proprietary sweetener made from Fructose, Lo Han Guo and		carb		11.7	,				Industrial	
284	SweetLife	Chicory root				high carb	high fructose					
285	SweetOne®	An artificial sweetener blend of Dextrose and Acesulfame-K. A zero calorie, zero carb, zero GI blend of oligo-fructose from		low carb								artificial
286	SweetPerfection	chicory root and refined stevioside powder. It can be used cup for cup like sugar.	zero carb	low carb		high	high					
287	SweetSurprise	High Fructose sweetener from corn				carb	fructose					
288	Swerve Sweetener	A Polyol sweetener made of Erythritol, Oligofructose & Silicon Dioxide. Ask for Non-GMO source.	zero carb	low carb					fermented			
	Swiss Sweet®	An artificial tabletop sweetener made with Acesulfame-K.	zero carb	low carb								artificial
290	Table Sugar	Made of beets or sugar cane, also called granulated sugar, (GI 65)				high carb		high glycemic				
291	Tagatesse	A proprietary blend of Tagatose, Isomalt, Inulin & Sucralose (Splenda).		low carb								artificial
292	Tagatose	Tagatose is a sugar that is roughly 92% as sweet as table sugar. Often made from dairy.				high carb					Industrial	
293	Talin TM	A brand of high intensity sweetener derived from Thaumatin. It is from a sweet berry of the West African Katemfe plant, and has zero calories, zero carbs.	zero carb	low carb	so-called natural					high- intensity		
		Also called Cassava syrup, this is a naturally sweet syrup made from tapioca, also known as cassava or manioc. High in carbs			so-called	high		high				
294	Tapioca syrup	and glycemic much like rice syrup or corn syrup. A sweetness optimizer for commercial use in low calorie			natural	carb		glycemic				-
295	Tastewise	Sweetener made from the West African Katemfe plant that is	70	low	50P 1					L:-L	Industrial	
296	Thaumatin	3200 times sweeter than sugar.	zero carb	carb	so-called natural					high- intensity		
297	The Ultimate Sweetener®	100% Pure Birch Xylitol. Organic and Non-GMO by www.theultimatelife.net See Xylitol.		low carb					fermented			
298	TheraSweet®	A proprietary blend of organic Non-GMO Xylitol, Tagatose, Glycine, Stabilized Micro-Encapsulated Non-Dairy Probiotics, and Glycine, an amino acid, by LivingFuel. May contain Tagatose from dairy source. See Xylitol.		low carb					fermented			
	Treha [®]	Cargill's brand of Trehalose				high carb			acu		Industrial	
	Trehalose	A disaccharide sugar that is 45% as sweet as sugar. It is found in sunflower seeds, moonwort, algae and musrooms. Also known as mushroom sugar.				high carb		high glycemic				
300		A dry, free-flowing blend of acesulfame potassium,										
	Triblend 600	Maltodextrin, Sucralose and neotame designed for commercial soft drinks.		low carb								artificial
301	Triblend 600 Trilisse	Maltodextrin, Sucralose and neotame designed for commercial				high carb					Industrial	artificial

		T		1									
		Also called Invert Sugar, a commercial sweetener blend of						high	high	high			
304	Trimoline	glucose and fructose that retains moisture in baked goods.						carb	fructose	glycemic		Industrial	
305	Tropicana Slim	A zero-calorie artificial sweetener with aspartame.		zero carb	low carb								artificial
		A sweetener blend of Erythritol, refined Stevioside or											
306	Truvia TM	Rebaudioside, and other ingredients by Cargill.										Industrial	
205	T 1: 1 0	Turbinado sugar is partially processed cane sugar, also called					so-called	high		high			
307	Turbinado Sugar	Raw Sugar. GI 65					natural	carb		glycemic			
308	TwoSweet TM	A blend of a blend of Maltitol, acesulfame potassium and neotame, by Sweetener Solutions TM .			low carb								artificial
300	1 WOSWCCI	neotaine, by sweetener solutions .			curo			high					urunemi
309	Ultra-Lite Maltodextrin	Low-calorie crystalline Maltodextrin by Corn Products US.						carb				Industrial	
		Commercial sweetener with large particle size by Corn Products						high					
310	Unidex® Dextrose	US.						carb high		high		Industrial	
311	Vanilla Sugar	Cane sugar that is flavored with vanilla						carb		glycemic			
		See Glycerine or glycerol. It is a fermented polyol sweetener											
		that is 60 % as sweet as sucrose. Although it has about the same											
		calories of table sugar, it is non-glycemic and non-cariogenic (no											
		cavities). Glycerine tastes sweet and is metabolized much like a											
		carbohydrate. It is not absorbed like a sugar. It causes no											
		glycemic response, or insulin secretion or activity like											
		carbohydrates. Glycerin is hydroscopic, meaning it dissolves easily in water. It is often added to foods, especially baked											
		goods like energy and protein bars to preserve moistness. Its											
		taste makes it a superb sweetener because it has a low glycemic											
		index. Glycerin is fermented from vegetable fats or animal fats,											
		using microbes such as Saccharomyces cerevisiae. Or it can be											
		chemically synthesized from petroleum. It is used in many											
312	Vegetable Glycerine	industrial products.										Industrial	
		A Low-glycemic sweetener blend of Sucrose, Fructose, and											
313	Whey-Low	Lactose Monohydrate from whey. Hig in fructose and carbs.						high carb	high fructose				
	Xtend™ -Isomaltulose	Cargill low glycemic Isomaltulose commercial sweetener									fermented	Industrial	
315	Xtend TM -Sucromalt	Cargill low GI Sucromalt commercial sweetener										Industrial	
					low								
316	Xyli Pure	A brand of Pure 100% Non-GMO Xylitol by Jarrow.			carb						fermented		
		Xylitol is a natural fermented Polyol sweetener. It is not											
		patentable andavailable from many vendors. It has 70 % the											
		calories and carbs of sugar. More than 25 grams (2											
		Tablespoons) per day can give you diarrhea. Xylitol is toxic to											
		dogs. It can be used cup for cup like sugar. Look for Organic Non-GMO Xylitol. There's a large international demand for											
		Xylitol. It can be made from plant fibers or hardwoods, but											
317	Xylitol	usually comes from GMO corn.			low carb						fermented		
	Xylitol Blend Honey	Xylitol, water, honey flavor, xanthan gum, citric acid, sorbic			low								
318	Substitute	acid preservative, caramel coloring. See Xylitol.			carb						fermented		
210	Validat Dhash North	A blend of Xylitol from GMO Corn and refined Stevioside. See			low						6		
519	Xylitol Plus by Now Foods	Xylitol. Proprietary brand of crystal Xylitol, a low calorie, low glycemic			carb						fermented		
		polyol that can be measured cup for cup like sugar. By Corn						L: 1					
320	XYLOGEM™	Products US.						high carb			fermented	Industrial	
	XYLOGEM TM	This sweetener blend combines Xylitol with other polyols and/or											
321	Performance Systems	sweeteners at a lower cost. By Corn Products US.									fermented	Industrial	
		This delicious syrup comes from a South American root. Yacón											
		syrup has a natural flavor something like caramel or molasses. It											
		contains fructo-oligosaccharides, which have a sweet taste but											
		are low in calories and carbs. Since there is no industry											
		standard, some syrups are highly processed, cooked, and high-											
22.5		carb. I suggest care if you are sensitive to sugars. Raw Yacón is			low	l	so-called						
322	Yacon Syrup	lower in carbs and sugars.	Best		carb	Paleo	natural	high		high			
323	Yellow Sugar	Often called golden sugar, this is usually made from corn.		L				carb		glycemic			
324	Zerose	This is Cargill's brand of Erythritol.									fermented	Industrial	
225	75,,,,,,,(0)	A sweetener that can be used cup for cup like sugar, made from		zero	low						£ : 1	Industrial	
323	ZSweet®	Non-GMO Erythritol and refined Stevioside or Rebaudioside.		carb	carb						fermented	Industrial	