,	325 Sweetener	es, 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
#	by Jane Barthelemy, www.janeshealth	nykitchen.com, August, 2014												
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". Acesulfame K is an artificial sweetener that is 180-200 times sweeter		zero carb	low carb							high- intensity		artificial
3	Acesulfame-K	than sucrose (table sugar).		zero carb	low carb							high- intensity		artificial
4	Aclame™	Another name for Alitame chemical sweetener that is used in 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 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-		zero carb	low							high- intensity		artificial
5	Agave Inulin	intensity sweeteners.			low carb									
6	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. A new commercial Sweetener by PureCircle, a proprietary blend of			low carb						fermented			
9	Alpha	processed and refined stevioside extracts.		70.55	low								Industrial	
10	Altern TM	Wal-Mart's Sucralose sweetener similar to Splenda.		zero carb	carb									artificial
	Amazake Amidex TM	A traditional Japanese porridge made from cooked fermented brown rice. Enzymes reduce the rice starch into simple sugars. GI 43 Commercial Corn Syrup made by Corn Products US.					so-called natural	high carb	high	high glycemic			Industrial	
	AminoSweet®	Aspartame producer Ajinomoto's rebranded sweetener is called "AminoSweet". It contains Aspartame (aspartic acid & phenylalanine)		zero carb	low carb			carb	fructose			high- intensity	Industrial	artificial

14	Apple juice concentrate	High-carb sweetener made from dehydrated apple juice that is				so-called natural	high carb	high					
14	Apple juice concentrate	A high-intensity chemical sweetener made from Aspartyl-				Haturai	carb	fructose					
		phenylalanine-1-methyl ester Cyclamate. About 200 times sweeter											
		than sugar. Requires warning label: CONTAINS											
		PHENYLALANINE.			,						1		
15	Aspartame			zero carb	low carb						high- intensity		artificial
	1	Commercial sweetener blend by Sweetener Solutions TM , with									-		
		Maltitol, acesulfame potassium and neotame. It is 30 times sweeter			low						high-		
16	BakeSweet TM	than sugar			carb						intensity		artificial
		Barley malt is made by soaking and sprouting barley. It is cooked											
	Barley Malt Powder or	until the starch is converted to sugar, then boiled down to syrup or					high		high				
17	Syrup	dried into powder. Barley contains gluten. GI 42					carb		glycemic				
18	Beet Sugar	Refined white sugar made from beets.					high carb		high glycemic				
10	Deet Sugar	NOW Foods blend of refined Stevioside with Vegetable Glycerin. 1					curo		grycenne				
19	Better Stevia liquid	tsp liquid = 1 cup sugar. See Stevia Glycerite.			low carb						high- intensity	Industrial	
- 17	Better Stevia iiqaia	NOW Foods powdered refined stevioside blended with Rice									,		
20	Better Stevia packets	Maltodextrin.			low carb						high- intensity	Industrial	
	Better Stevia packets	Molasses is a dark syrup by-product from the processing of sugar					1.1		11				
21	Blackstrap molasses	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 sweeter than sucrose on a weight basis. Patents on											
		Brazzein itself are owned by The University of Wisconsin. See		zero	low	so-called					high-		
22	Brazzein	Cweet.		carb	carb	natural					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. High carb. GI:				so-called	high		high				
23	Brown Rice syrup	85				natural	carb		glycemic				
24	C*IsoMaltidex™	Cargill brand Isomalt			low carb					fermented		Industrial	
25	C*Mannidex™	Cargill brand Mannitol			low carb					fermented		Industrial	
26	C*Sorbidex TM	Cargill brand Sorbitol			low carb					fermented		Industrial	
		Canderel is a brand of artificial sweetener made mainly from		zero	low						high-		
27	Canderel	aspartame, marketed by The Merisant Company.		carb	carb						intensity		artificial
		A liquid sweetener using the chemical Sucralose, taking advantage of	2	zero	low						high-		
28	CandyS®	expiring patents on this chemical.		carb	carb						intensity		artificial
29	Cane juice crystals	Crystalline sugar cane juice					high carb		high glycemic				
30	Cane sugar	Granulated sugar made from sugar cane.					high carb		high glycemic				
							high		high				
31	Caramel	Made by browning cane sugar.					carb		glycemic				

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		Carbitol® is a trademarked solvent of cellulose ethers and Natural									
		and Artificial Gums and Resins by Union Carbide Chemicals. It is				high					
32	Carbitol	used in commercial baking.				carb				Industrial	
		Carob was a sweetener in ancient Egypt. The syrup is made from the				hiah		hiah			
33	Carob syrup	carob pod. It is high carb and glycemic (high in glucose).				high carb		high glycemic			
		caroo pod. It is high caro and gryceniic (high in gracose).				high	high	high			
34	Casco [™] Corn Syrup	High Fructose Corn Syrup made by Corn Products US				carb	fructose	glycemic		Industrial	
		Also called Tapioca syrup. A high glycemic sweetener with similar				high		high			
35	Cassava Syrup	carbs to rice and corn syrups.				carb		glycemic			
		Finely ground cane sugar. Called Confectioners Sugar and Powdered									
26	Costor Sugar	Sugar. GI 65				high		high			
36	Castor Sugar	Sugar. Of 63				carb high		glycemic high			
37	CBioSweet	Cargill Glucose syrup				carb		glycemic		Industrial	
						high		high			
38	CDex [™] dextrose	Cargill brand Dextrose				carb		glycemic		Industrial	
	Cerelose® Anhydrous	A low moisture commercial dextrose sweetener made by Corn				high		high			
39	Dextrose	Products US.				carb		glycemic		Industrial	
		A commercial sweetener that is the monohydrate form of dextrose						1.1			
40	Cerelose® Dextrose	made by Corn Products US.				high carb		high glycemic		Industrial	
	Cerciose® Dextrose	made by Com Froducts CS.				caro		grycenne		maustrai	
		Chi- i									
		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		low					high-		
41	Chic	and Sucralose, an artificial high intensity sweetener.		carb					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									
42	Chicolin	your own sugar substitute. By Bioquest Imports, BC, Canada		low carb							
42	Cincolli	your own sugar substitute. By Bioquest Imports, BC, Canada		caro		high					
43	Clearbrew	Cargill brewing sweetener				carb				Industrial	
						high	high				
44	Cleardex	Cargill brand Corn Syrup				carb	fructose			Industrial	
45	ClearSweet	Cargill brand Corn Syrup				high carb	high fructose			Industrial	
43	Clearsweet	Cargin brand Corn Syrup				high	high			mustrar	
46	ClearSweet®	Corn Syrup by Cargill				carb	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									
4.7	G				so-called	high	high				
47	Coconut crystals, sugar	corn syrup. GI 35			natural	carb	fructose				
		Coconut syrup is collected from sap of the coconut palm when the									
		blossoms are removed. It has a low GI 35. But it is high in fructose -			so-called	high	high				ļ
48	Coconut syrup	48.5%. And high in carbs - 92%.			natural	carb	fructose				
						ı					

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		high glycemic				1
53	CSR Smart	An Australian sweetener blend of 99.6% cane sugar with a pinch of refined Stevioside, a high intensity sweetener.				high carb		high glycemic				
54	CSweet TM	Cargill Glucose syrup				high carb		high glycemic			Industrial	
55	CTruSweet TM	Cargill Fructose syrup				high carb	high fructose				Industrial	
56	Cukren®	A Sucralose tabletop sweetener like Splenda. Cukren is available in sachets or tablets.	zero carb	low carb						high- intensity		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 carb						high- intensity		
58	Cyclamate	Sodium cyclamate (Eropean code 952) is an artificial sweetener. It is 30–50 times sweeter than sugar.	zero carb	low carb						high- intensity		artificial
59	D-arabino-hexulose	A corn derivative sugar, another name for fructose.				high carb	high fructose					
60	Date sugar	A natural high-carb sugar from dates.			so-called natural	high carb		high glycemic				
61	DaVinci Syrups	A line of sugar-free syrups sweetened with Sucralose.	zero carb	low carb								artificial
62	Dehydrated cane juice	Sugar cane juice that has been dehydrated				high carb		high glycemic				
63	Demerara	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		high glycemic				
64	Dextran	Dextran is a complex polysaccharide made of many glucose molecules.				high carb		high glycemic			Industrial	
65	Dextrose	A high-carb sugar made from corn.				high carb		high glycemic				
66	D-fructose	Another name for Fructose. Also called fruit sugar, levulose, D-fructofuranose, and D-arabino-hexulose.				high carb	high fructose					
67	DiabetiSweet	A sweetener blend sold for diabetics made of Isomalt Polyol and Acesulfame-K.		low carb								artificial
68	Diastatic Malt	Also known as Malted Barley Flour, Diastatic Malt sweetener improves the flavor and appearance of commercial yeast breads.		low		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.				high carb		high glycemic				
71	Dried Cane juice	Not as highly processed as refined cane sugar, and retains some 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	
73	E955	The EU additive code for Sucralose, an artificial sweetener used in Splenda.	Z6 C2		low						high- intensity		artificial
74	E961	European Sweetener by NutraSweet, same as Neotame.	Ze Ca		low earb								artificial
75	Emerald Forest	A brand of GMO corn Erythritol by Emerald Forest.			low carb					fermented			
76	Emulin Sweetener	Emulin is a proprietary, over-the-counter blend of three flavonoids designed to regulate sugar metabolism for diabetics. Often recrystallized with table sugar (sucrose).					high carb		high glycemic				
77	Enliten®	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. www.enlitensweetener.com.									high- intensity	Industrial	
78	Enzose®	High Fructose Corn Syrup or High-Maltose Corn Syrup made by Corn Products US					high carb	high fructose				Industrial	
79	Equal Classic	A high-intensity sweetener made with dextrose, Maltodextrin and aspartame.		c	low						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 earb						high- intensity		artificial
82	Equal Sucralose	A high-intensity artificial sweetener made with Dextrose, Maltodextrin and Sucralose.			low earb						high- intensity		artificial
83	ERYSTA®	Crystalline Erythritol is considered a natural, sugar-free sweetener, which has zero calories and is 70% as sweet as sugar and can be used widely as a sugar replacement. By Corn Products US.			low carb					fermented		Industrial	
84	ERYSTA® Performance Systems	This is a blend of crystalline Erythritol with other sweeteners to reduce calories, laxative reactions, and balanced sweetness. By Corn Products US.			low					fermented		Industrial	
85	Erythritol	A pure crystalline Polyol sweetener that is 70% as sweet as sugar, and has no gastro-intestinal side effects as some other Polyols. It can be made from plant fiber, and is usually made from corn. Ask for Non-GMO Erythritol	Z6 C2		low	Paleo				fermented			
	Ethyl Maltol	A pleasant smelling chemical used as a flavoring for food, beverage, tobacco and the fragrance industry. It has a flavor like caramelized sugar or cotton candy.										Industrial	
	Evaporated Cane Juice	Evaporated cane sugar juice, or dried cane sugar, is not as highly processed like refined sugar, and retains some of the nutrients of the sugar cane. GI 65					high carb		high glycemic				
88	EZ-Sweetz	An artificial sweetener with primary ingredient of Saccharin.			low earb								artificial
89	Fibrelle	Fibrelle is a sweetener for baking and beverages containing Polydextrose, Maltitol, Inulin, Oligofructose, Sucralose and Acesulfame-K.			low earb								artificial
90	Florida Crystals®	Evaporated cane juice where the molasses has been removed.					high carb		high glycemic				

		Also called fructo-oligosaccharide, 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									
		carb and zero glycemic. It is a pre-biotic and tooth friendly. It is often									
0.1	EOG		zero	low	D. 1	so-called					
91	FOS	used as a base in blending with more intense sweeteners.	carb	carb	Paleo	natural					
00	E. G (G (Sweetener blend made with Inulin and Luo Han Guo Powder. Also	zero	low		so-called					
92	Frisun Sweet Sensation	known as AllSweet, by vitasprings.com	carb	carb		natural so-called	high	high			
93	Frozen Fruit Concentrate	Same as Fruit Juice concentrate				natural	carb	fructose			
		Fructans are a form of dietary fiber, a complex molecular structure									
		consisting of fructose and glucose. Also known as inulin fiber, Fructo-									
		oligosaccharides, FOS, or Oligo-fructose. The fiber stays intact in the									
		digestion until it reaches the colon, where it is fermented 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 inulin from chicory root									
		(Intybus chicoria L.), which supplies most commercial fructan. Inulin									
		and FOS are structurally described as fructans. Chicory root is a									
		sweeter-short-chain molecule, and agave inulin is a longer chain									
		inulin with less sweetness. Common sources for inulin are agave,									
		beets, cane sugar, chicory root, garlic, Jerusalem artichoke and onion.									
		Inulin, FOS and scFOS 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	zero	low							
94	Fructans	well.	carb	carb							
		A proprietary blend of crystalline Fructose, FOS and refined					high	high			
95	Fructevia	stevioside powder. This blend is twice as sweet as sugar.					carb	fructose			
		Also 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 carb 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 often used as a base in blending with more intense sweeteners. See	zero	low							
96	Fructo-oligosaccharides	fructans	carb	carb							
1		C									
		Granulated Fructose is 170% as sweet as table sugar. It is a									
		component of many sugars, an occurs naturally in plants. It is usually									
		made from sugar cane, sugar beets or corn. Fructose has a lower GI,									
6.7	D	but new research shows that it creates lipid fat deposits and arterial					high	high			
97	Fructose granulated	plaque, inviting diabetes, obesity, high cholesterol and heart disease.				so-called	carb high	fructose high			
98	Fruit juice concentrate	Concentrated, filtered, clarified fruit juice.				natural	carb	fructose			
		All fruit juices can be considered sweeteners. They are often									
		sweetened with added fruit juice concentrates. All fruit juices are high				so-called	high	high			
99	Fruit Juices	in fructose and high-carb.				natural	carb	fructose			
100	Fruit Sugar	Fructose, or high-carbohydrate sugar from fruits.				so-called	high	high			
100	Truit Sugai	Tructose, of high-carbonydrate sugar from fruits.				natural	carb	fructose			

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		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 of less than 35,			high	high					
101	Fruit Up	and is very high in carbs.			carb	fructose					
		FruitSource is the brand name of a granulated sweetener made from			high	high					
102	FruitSource®	grape juice concentrate and rice syrup			carb	fructose					
		FruitTrim is a liquid, carbohydrate-based sweetener made from fruit									
103	FruitTrim®	juice and dextrin, both high in carbs.			high carb	high fructose					
103	1 Iuit I Iiii 🥹	Juice and deximi, both high in carbs.			curo	ructose					
		Galactose is in the molecular family of carbohydrates like sucrose,									
104	C-1	fructose and lactose. Galactose is made from in milk and whey.			high		high				
104	Galactose	fructose and factose. Garactose is made from in milk and whey.			carb		glycemic				
					high	high					
105	Globe® and Globe® Plus	Commercial Corn Syrups made by Corn Products US.			carb	fructose				Industrial	
		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 from			high		high				
107	Glucose syrup	potatoes, wheat, barley, rice and cassava.			carb		glycemic				
		A sweet syrup made from palm or coconut. Often used in prepared	low								
108	Glycerin	foods and cosmetics. See Glycerol, or Vegetable Glycerin	carb					fermented		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	low								
109	Glycerol	synthesized from petroleum. It is used in many industrial products.	carb					fermented		Industrial	
		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. It is zero	low						high-		
110	Glycyrrhizin	glycemic.	carb					fermented	intensity		
		Proprietary blend of several polyols with glycerin to combine their									
	GLYSTAR® Performance		low								
111	Systems	By Corn Products US.	carb					fermented		Industrial	
		Often called yellow sugar, looks like honey and is usually made from			1.1.1		1.: 1				
112	Golden sugar	corn.			high carb		high glycemic				
	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	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				
113	Gorden byrup	Another name for Sugar, Table sugar, usually made from sugar cane									
114	Granulated avecs	or sugar beets. GI 65			high		high				
114	Granulated sugar	of sugar beets. Of 05		so-called	carb high	high	glycemic				
115	Grape juice concentrate	High-carb sweetener from concentrated grape juice		natural	carb	fructose					
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116	Grape Sugar or syrup	High-carb sweetener from concentrated grape juice				so-called	high carb	high					
110	Grape Sugar or syrup	A proprietary blend by Swanson made of refined Stevioside powder				natural	caro	fructose					
117	Green Leaf Stevia	and rice Maltodextrin.		low carb							high- intensity	Industrial	
117	Green Lear Stevia	and thee Manodextini.		Caro							intensity	muustriai	
		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 stevioside powder that has less		,							1		
118	Green Stevia Powder	aftertaste and is 250 - 300 times sweeter than sugar.	zero carb	low carb	Paleo						high- intensity		
110	Green Stevia i owder	by Sweetener Solutions TM , this is a blend of Maltitol, acesulfame											
119	GumSweet TM	potassium and neotame.		low carb									artificial
	Cums week	A Sweetener blend sold in Europe made of Maltodextrin, Inulin,					1						
120	Hermesetas (Europe)	Aspartame, Acesulfame-K.		low carb			high carb						artificial
120	HFCS - High Fructose	High Fructose Corn Syrup HFCS contains 42% to 55% fructose, and											
121	Corn Syrup	79 - 85% carbs. GI 87					high carb	high fructose					
121	Combyrup	77 00 70 00105. 01 07					curo	Tructose					
		Corn based syrup with 30 – 50% Maltose content. It has a somewhat											
122	High Maltose Corn Syrup	lower glycemic index and lower fructose content than HFCS.										Industrial	
	g	Raw, unprocessed honey is considered a super food and a remedy for											
		many health ailments. It is a true Paleo sweetener that is twice as											
		sweet as sugar. Our ancestors were willing to take the risk of											
		gathering it from beehives 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.				so-called	high	high					
123	Honey, Raw	GI: 30.			Paleo	natural	carb	fructose					
		When honey is refined and pasteurized it loses nutritional value.											
	Honey, Refined &	Often high fructose corn syrup is added to processed honey. Honey is					high	high					
124	Pasteurized	usually twice as sweet as sugar. GI 75					carb	fructose					
		Hydrogenated Starch Hydrolates, a Polyol Sweetener made from		low									
125	HSH	Corn, Potato or Wheat		carb						fermented		Industrial	
		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					high		high				
126	Hydrolyzed cane juice	of a molecule of water.					carb		glycemic			Industrial	
		Starches are hydrolized using acids or enzymes as catalysts. The											
		results are often known as dextrin, maltodextrin, corn syrups, and					high						
127	Hydrolyzed starch	Polydextrose.					carb					Industrial	
		Hydrogenated starch hydrolysates help retain moisture, and are used		low									
128	HYSTAR®	to replace glycerin in prepared foods. By Corn Products US.		carb						fermented		Industrial	
		Finely ground cane sugar. Same as Confectioners' sugar, Powdered					high		high				
129	Icing sugar	Sugar and Castor sugar. GI 65					carb		glycemic				
				low			high						
130	Ideal	A sweetener made with Xylitol, Dextrose, Maltodextrin & Sucralose.		carb			carb			fermented			artificial
131	InstaSweet	An artificial sweetener made from aspartame	zero carb	low carb							high- intensity		artificial
131	IIIstas weet	7 in artificial sweetcher made from aspartame	caro	caro	l		l				intensity		arunciai

Incline is a lower physemic coluble plant fluct that is incompletely disposed in the intensities, in the material from chicary not, tensional mitchick and again cactus and other plants. Intulin wevertness ranges complexity blant or abulty were and one though your plant cannot be used to replace sugar and flour. Also called IOS, intended gas, charled, smill or objective and south princes, pero carban dree glycemics. It is a pre-biotic and south friendly, it is often used as a bound or region cannot be indeaing with more intense sweetness. Chicary not Intulia is sweetner than intili from other sources. 133 Invest sugar or syrup and fluctuation of intending from the hydrolysis of sacrose, it is found naturally in firstis and bonory and produced and south fluidily as a sweetner. 134 Investigation of produced and state of photose and flugh fructions of sucrose, it is found naturally in firstis and bonory and produced and state of photose and flugh fructions of sucrose. It is found naturally in firstis and bonory and produced and state of photose and flugh fructions of sucrose, it is found naturally in firstis and bonory and produced and state of photose of sucrose, it is found naturally in firstis and bonory and produced and state of photose of sucrose, it is found naturally in firstis and bonory and produced and state of photose of sucrose, it is found naturally in firstis and bonory and produced and state of photose of sucrose, it is found naturally in firstis and bonory and produced and state of photose of sucrose, it is found naturally in firstis and bonory and produced and state of sucrose st			T						ı			I			
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JLS to equal one cup of sugar, and is designed for commercial use by weight. 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 and molasses. Use cup for cup like brown sugar. 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 Amazon.com. Ask for the 1# bag of Table Top. A West African berry that is 3200 times sweeter than sugar. Also															
141 Just Like Sugar® Baking weight. 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 and molasses. Use cup for cup like brown sugar. 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 Amazon.com. Ask for the 1# bag of Table Top. A West African berry that is 3200 times sweeter than sugar. Also															
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 and molasses. Use cup for cup like brown sugar. 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 sweeten 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 Amazon.com. Ask for the 1# bag of Table Top. A West African berry that is 3200 times sweeter than sugar. Also					zero	low									
from chicory root dietary fiber, Calcium, Vitamin C and Natural Flavors from steamed orange peel and molasses. Use cup for cup like brown sugar. 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 Amazon.com. Ask for the 1# bag of Table Top. A West African berry that is 3200 times sweeter than sugar. Also	141	Just Like Sugar® Baking			carb	carb	Paleo								
Flavors from steamed orange peel and molasses. Use cup for cup like brown sugar. 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 Amazon.com. Ask for the 1# bag of Table Top. A West African berry that is 3200 times sweeter than sugar. Also															
Just Like Sugar® Brown brown sugar. 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 Amazon.com. Ask for the 1# bag of Table Top. A West African berry that is 3200 times sweeter than sugar. Also Carb Carb Paleo Low Carb Paleo Low Carb Paleo A West African berry that is 3200 times sweeter than sugar. Also															
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Just Like Sugar® nationwide or online from JustLikeSugarInc.com, Vitacost.com, 143 TableTop Netrition.com, or Amazon.com. Ask for the 1# bag of Table Top. A West African berry that is 3200 times sweeter than sugar. Also Description: Level 10w carb Paleo Description: Low carb Paleo Description: Level 10w carb															
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A West African berry that is 3200 times sweeter than sugar. Also	143	TableTop	Netrition.com, or Amazon.com. Ask for the 1# bag of Table Top.	Best			Paleo								
		_													
			A West African berry that is 3200 times sweeter than sugar. Also		zero	low							high-		
	144	Katemfe	called the Sweet Prayer plant and used in making Thaumatin.				Paleo								

		A pure Polyol fermented sweetener that is 40% as sweet as sugar,	1										
145	Lactitol	made from dairy whey.		low carb						fermented			
146	Lactose	A complex sugar found in milk.					high carb		high glycemic				
		A sweetener made from Non-GMO Erythritol and Luo Han Guo, and							8 3				
		used cup for cup like sugar. This is zero calories, zero carbs, and zero	zero	low									
147	Lakanto TM	glycemic. It is quite expensive.	carb	carb						fermented			
1.40	Levulose	Another name for Fructose					high	high					
148	Levulose	Another name for Fructose					carb	fructose					
		This naturally sweet root contains Glycyrrhizin, a natural plant											
		sweetener with a very strong flavor. Licorice may be OK in small											
149	Licorice root	amounts. Large doses can cause water or thyroid imbalance.	zero carb	low carb		so-called natural					high- intensity		
		Litesse is a corn-based sweetener often found in Lindt sugar-free					1.1	11					
150	Litesse	chocolates.					high carb	high fructose				Industrial	
	Lo Han Guo Liquid	Luo Han Guo drops are low in carbs and used as a sugar substitute in	zero	low		so-called							
151	Extract	beverages.	carb	carb		natural							
		A sweetener blend of 3 ingredients: Inulin-FOS											
		(FructoOligoSaccharides), Corn-derived non-GMO Xylitol, and											
		MogroPure® (Momordica grosvenorii, Lo Han fruit juice											
		concentrate). Low in carbs, it is sold in the supplement section of		low		so-called							
152	Lo Han Sweet by Jarrow	most healthy groceries.		carb		natural				fermented			
1.50		Logicane is a cane sugar product used in Australia. It is less refined					high		med.				
153	Logicane	and has a slightly lower glycemic index of 50.					carb		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 gluten-free											
154	Lucuma Powder	flours.		low	Paleo	so-called natural							
134	Lucuilla i Owuci	Hours.		carb	raieo	naturai							
		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 herbalist and grind it into a	zero	low		so-called							
155	Luo Han Guo Fruit	powder using a super blender.	carb	carb	Paleo	natural							
		Grown only in China by international law, Luo Han Guo powder is											
		used by Chinese herbalists as a tonic for the lungs. However it is	zero	low		so-called					high-		
156	Luo Han Guo powder	usually mixed with other ingredients, such as dextrin.	carb	carb		natural					intensity		
157	Molt avenue	Often made from barley, this is a high-carb sweetener used in making					high		high				
13/	Malt syrup	beer.					carb		glycemic				
158	Malted Barley Syrup	Made from barley, this is a high-carb sweetener used in making beer.					high carb		high glycemic				
	Maltidex TM	Cargill brand Maltitol							<i>G</i> ,	fermented		Industrial	
137	THEOLOGICA	Maltitol is a fermented crystal polyol sweetener sold by Roquette								Termemed			
		America Inc, used for commercial low glycemic cakes, cookies,											
160	Maltisorb™	snacks.								fermented		Industrial	
		Proprietary Maltitol & Maltitol Polyol crystals and Syrups by Corn											
	MALTISWEET®	Products US.	I						1	fermented		Industrial	1

		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 sugar. Over 100											
1.00	M. Ida I	grams per day (6 ½ Tbsp) of Maltitol may have a laxative effect.		low									
162	Maltitol	Maltitol does not promote tooth cavities.		carb						fermented			
1.50	26.12.16	A liquid form of a pure Polyol that is 90% as sweet as sugar, made		low									
163	Maltitol Syrup	from corn starch. Look for non-GMO.		carb						fermented			
		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 made from rice, and has a					high		high				
164	Maltodextrin	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 as a											
165	Maltol	flavor enhancer in commercial baking.										Industrial	
1.		A sugar made from cereals (usually barley) that is half a sweet as					high		high				
166	Maltose	sugar. Also called Malt Sugar.					carb		glycemic				
		By Sweetener Solutions [™] , a proprietary blend of Maltitol and other											
167	Maltotame	unknown ingredients.								fermented		Industrial	
168	Mannidex TM	Pure Maltitol by Cargill. Made from corn starch.		low carb						fermented			
		A pure fermented Polyol Sweetener that is 60% as sweet as sugar,		low									
169	Mannitol	made from cornstarch. Look for Non GMO.		carb						fermented			
		Used in low-calorie commercial candies to improves stability and											
170	Mannitol Powder	shelf life. By Corn Products US.										Industrial	
		Pure sap from maple trees is a truly natural (and Paleo) sweetener											
		used for centuries by the American Indians. This is a thick, sticky sap											
		that is slightly sweet. It is boiled and reduced to 2% of its volume to											
		make commercial maple syrup. It is high in carbs. If you have a				so-called	high						
171	Maple Sap, Raw	maple tree, try some!			Paleo	natural	carb						
		Maple crystals are refined by boiling sap from maple trees to 2% of				so-called	high	high	high				
172	Maple sugar	their original volume and crystallized. High-carbs and GI of 54.				natural	carb	fructose	glycemic				
		Commercial maple syrup is refined by boiling the raw sap down into											
		a concentrated syrup. It takes 55 gallons of raw maple sap to produce											
		1 gallon of commercial maple syrup. While it is considered by many											
		to be a 'natural' or less processed sweetener, maple syrup is very high				so-called	high	high	high				
173	Maple syrup	in carbs, much like table sugar. GI 54.				natural	carb	fructose	glycemic				
						so-called	high		high				
174	Mascobado sugar	Raw Cane Sugar. Also called Muscovado Sugar or Barbados Sugar.				natural	carb		glycemic				
		"Miracle fruit", or <i>Synsepalum dulcificum</i> , 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. This alters our											
		experience of sour foods. The effect lasts between ten minutes and											
		two hours. Miracle fruit is 100% natural and has no known adverse	zero	low							high-		
175	Miraculin	side effects."	carb	carb	Paleo						intensity		
		A delicious dark sweet syrup that is a by-product in sugar refining. It				so-called	high		high				
176	Molasses	is high carb and glycemic.				natural	carb		glycemic				

		1										
		Is a naturally occurring, high intensity sweetener 1400 times sweeter										
		than sugar isolated from the plant Sclerochiton ilicifolius, of the										
		Transvaal region of South Africa. Raw Monatin contains no carbs or										
		sugars and is a natural Paleo sweetener. Cargill is researching its		,		,, ,				1		
177	Monatin	possible use in blends with Erythritol.	zero carb	low carb	Paleo	so-called natural				high- intensity		
1,,	THORIUM .	possible use in olerus with Enjanton										
		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, zero calories,	77.0#0	low		so-called				high-		
178	Monellin	completely Paleo, natural and suitable for diabetics.	zero carb	carb	Paleo	natural				intensity		
		A High Maltose Corn Syrup used for baking, candies and brewing by					high	high				-
179	Mor-Sweet®	Corn Products US.					high carb	glycemic			Industrial	
		A disaccharide that is 45% as sweet as sugar. It is found in sunflower										-
		seeds, moonwort, Selaginella plants and sea algae. Also known as				so-called	high	high				
180	Mushroom Sugar	Trehalose.				natural	carb	glycemic				
		Another name for Trehalose, a disaccharide carbohydrate also known				so-called	high	high				
181	Mycose	as mushroom sugar.				natural	carb	glycemic				
		Low-glycemic diabetic sweetener by Indian firm Alken Laboratories										
		from sugar cane juice using nano-technology, which manipulates on a		low						high-		
182	Nano Sugar	microscopic atomic and molecular scale.		carb						intensity	Industrial	
				low			high	high				
183	NatraTaste	An artificial sweetener blend of Dextrin, Maltodextrin & Aspartame		carb			carb	glycemic				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 www.bakersblend.com. See					high	high				
184	Natur Baker's Blend	Cweet.					carb	glycemic	fermented			
40-		A name often used for unrefined cane sugar, made from sugar cane or				so-called	high	high				
185	Natural Sugar	sugar beets. Pure sucrose, high in carbs and glycemic.		low		natural	carb	glycemic				
186	Naturelose TM	A low-calorie sweetener made from dairy-based Tagatose.		carb							Industrial	
		Honey substitute made from Xylitol, water, honey flavor, xanthan										-
	Nature's Hollow Tastes	gum, citric acid, sorbic acid, caramel coloring.		low								
187	Like Honey			carb					fermented			
		A polyol sweetener made from pure corn Maltitol. It is low in carbs		low								
188	NatureSweet	and can be used cup for cup like sugar for baking and cooking.		carb					fermented			
189	NectaSweet	An artificial sweetener made from Saccharin.	zero carb	low carb								artificial
			zero	low						high-		
190	NeoCrystals TM	A high-intensity chemical sweetener by Sweetener Solutions TM	carb	carb						intensity		artificial
	Neohesperidine	NDHC - an artificial sweetener derived from citrus that is 1500-1800	zero	low						high-		
191	Dihydrochalcone	times sweeter than sugar.	carb	carb						intensity		artificial
100	N (®	Sweetener by NutraSweet, made with Aspartic acid and	zero	low						high-		
192	Neotame®	Phenylalanine.	carb	carb						intensity		artificial
100	N II 6	A tabletop sweetener that blends Maltodextrin, dextrose and high-						high				
193	Nevella®	intensity Sucralose.						glycemic				artificial
104	NavagyvaatTM	Made with Alitame (aspartic acid with dipeptide), and about 2000	zero	low						high-		
194	Novasweet TM	times sweeter than sugar.	carb	carb						intensity		artificial

	1		-										
		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 made from corn.	zero	low									
195	NuNaturals Erythritol	Ask for a Non-GMO source.	carb	carb						fermented			
	NuNaturals MoreFiber	A sugar substitute that blends high glycemic Maltodextrin with					high		high				
196	Stevia Baking Blend	refined stevioside.					carb		glycemic				artificial
							high		high				
197	Nustevia	A sugar substitute that blends Maltodextrin with refined stevioside.					carb		glycemic				artificial
	NutraSweet® and		zero	low							high-		
198	NutraSweet 2000®	A high intensity sweetener made with aspartic acid and phenylalanine	carb	carb							intensity		artificial
		Inulin fiber from plant sources, also called fructo-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		low									
199	Oligofructose	Fructo-oligosaccharides or Fructans.		carb									
	-	OmniBalance is a sweetener made from Chicory root extract,											
		Fructooligosaccharides (FOS), Pantothenic acid, Chromium, and		low							high-		
200	OmniBalance	refined Stevioside. It is 4X as sweet as sugar.		carb							intensity	Industrial	
		A glycemic sweetener that blends Maltodextrin with refined					high		high		-		
201	Only Sweet	stevioside.					carb		glycemic				
	,	A line of commercial sweeteners made from chicory root inulin or		low									
202	Orafti™	oligo-fructose, by Beneo-Orafti in Europe (Belgium).		carb									
		Often made from barley, this is a glycemic sweetener used primarily				11 1	1		1.1				
203	Organic Sugar	in making beer.				so-called natural	high carb		high glycemic				
	organie sugar	A brand of Erythritol available in Whole Foods Markets and online at							8 3				
		Amazon.com. Formerly called "Organic Zero" it is no longer called											
204	Zero TM	organic. It is labeled vegan Non-GMO.	zero carb	low carb						fermented			
		-		low									
205	Palatinose	Commercial sweetener made from Isomalt		carb						fermented		Industrial	
		Palm sugar is collected from sap of the coconut palm when the											
		blossoms are cut. Low GI: 35. High Fructose: 48.5%. Very high-				so-called	high	high	med.				
206	Palm Sugar	carbs: 92%				natural	carb	fructose	glycemic				
		A traditional cone of unrefined sugar, also know as panela and				so-called	high		high				
207	Panocha	piloncillo in Spanish.				natural	carb		glycemic				
		Pentadin is a natural high-intensity sweetener, which like Brazzein,											
		comes from the Oubli plant native to West Africa. Zero GI, zero	zero	low							high-		
208	Pentadin	carbs, zero calries, totally natural, Paleo and suitable for diabetics.	carb	carb	Paleo						intensity		
		An α-amino acid that is part of the high-intensity sweetener	zero	low							high-		
209	Phenylalanine	Aspartame.	carb	carb							intensity		artificial
		Mexican dark brown sugar. The sugar cones are delicious with a high				so-called	high		high				
210	Piloncillo	molasses content.				natural	carb		glycemic				
211	Polydextrose	A high-carb, glycemic syrup made from corn.					high carb		high glycemic			Industrial	
211	Torjuckirose	Polyol Blend made primarily of Maltitol, Sorbitol and higher					caro		grycenne			moustrar	
212	Polyglycitol syrups	molecular weight polyols.		low carb						fermented		Industrial	
212	1 orygrychor syrups	Finely ground cane sugar. Same as confectioners' sugar and castor		caro						Termenteu		musulai	
212	Powdered Sugar	sugar. GI 65					high		high				
213	r owdered Sugar	sugar. Or 03					carb		glycemic				

		A zero calorie zero calorie, zero carb natural sweetener blend of											
		Inulin fiber and refined Luo Han Guo herb (Monk Fruit).											
		Approximately 6x sweeter than sugar. Can be purchased from			,	,, ,							
214	PureLo - by Swanson	Swanson Vitamins or Amazon.	Best	zero carb	low carb	so-called natural							
	•	A proprietary sweetener of Erythritol and refined Stevioside or											
		Rebaudioside. More information is needed regarding its sources,		zero	low								
215	PureVia TM	processing methods and other ingredients.		carb	carb					fermented		Industrial	
		A sweetener made from refined stevioside sold in sachets or liquid.											
		Contains Organic agave inulin, refined Stevoiside extracts, and		zero	low						high-		
216	Pyure Organic Stevia	natural flavor. By Pyuresweet.com.		carb	carb						intensity	Industrial	
		This natural plant sweetener, also called melitose, is a trisaccharide											
		sugar molecule from beans, peas, cabbage, Brussels sprouts, and			low	so-called							
217	Raffinose	broccoli. Low carb, low calorie, and diabetic friendly.			carb	natural							
		A form of dried sugar cane juice common in Latin American											
		countries such as Brazil, Argentina and Venezuela as papelón. High				so-called	high		high				
218	Rapadura®	carb and glycemic.				natural	carb		glycemic				
		Raw sugar is partially processed cane sugar in large crystals. Also				so-called	high		high				
219	Raw Sugar	called Turbinado Sugar. GI 65				natural	carb		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 that is 200 - 300 times as		zero	low						high-		
220	Rebiana	sweet as sugar. See Stevioside.		carb	carb						intensity	Industrial	
		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											
221	Rebaudioside	bitter aftertaste to all stevia derivatives. See Stevioside.		zero	low carb						high- intensity	Industrial	
221	Rebaudioside	A dark, thick syrup from sugar cane with a rich flavor. It contains		curo	caro						intensity	maastitai	
222	Refiners syrup	fructose and glucose in pure form.					high carb	high fructose	high glycemic			Industrial	
	rtermers syrap	A syrup made by culturing rice with enzymes to break down the							8-7				
		starches, then straining and cooking it until it is a syrup. Also called				,, ,	,.,		1.1				
223	Rice Syrup	yinnie syrup. High-carb and glycemic. GI: 85				so-called natural	high carb		high glycemic				
							high	high	0,5 1				
224	Royal T® Dextrose	Commercial corn based sweetener by Corn Products US.		zero	low		carb	fructose			high-	Industrial	
225	Saccharin	Artificial sweetener made with Methyl anthranilate.		carb	carb						intensity		artificial
226	Satin Sweet TM	A Cargill brand Corn Syrup					high carb	high fructose				Industrial	
		A sweetener blend of Erythritol, Maltodextrin, Tagatose and			low		high		high				
227	Shugr™	Sucralose.			carb		carb		glycemic	fermented			artificial
220	ar.	A Chinese brand sweetener similar to Truvia made from genetically		zero	low								
228	Slimstevia	modified corn Erythritol with refined Stevioside and/or Rebaudioside.		carb	carb					fermented		Industrial	
220	C1:C	Also Called TriMedica SlimSweet. It is a blend of Levulose, a form					high	high					
229	SlimSweet	of Fructose, and Luo Han Guo herb.					carb	fructose					

		A high-intensity sweetener that is 3 times sweeter than sugar. It is												
		made with Fructose, Inulin, FOS (Fructooligosaccharides) and												
230	Slimtevia	Magnesium Carbonate. http://slimtevia.com						high carb	high fructose			high- intensity		
230	Similevia	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 called												
221	Smart Sugar®	Azúcar Delgado in Spanish.						high carb		high glycemic				
231	Smart Sugar®	Azucai Deigado ili Spanisii.						Caro		grycennc				
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, Erythritol						med	med					
233	SomerSweet	and Fructose.						carb	fructose		fermented			
1		A sweetener made from a digestive fiber called "FiberSol-2TM" plus			low		so-called							
234	Soooo Sweet	refined stevioside powder.			carb		natural						Industrial	
235	Sorbidex™	Pure Sorbitol by Cargill. Made from corn starch.			carb						fermented		Industrial	
236	Sorbitame TM	by Sweetener Solutions TM , an unknown blend of artificial sweeteners.										high- intensity	Industrial	
		A Polyol Sweetener that is 60% as sweet as sugar, and is made from			low							-		
237	Sorbitol	corn starch.			carb						fermented			
		A clear syrup Sorbitol Solution used in commercial desserts, to retain			low									
238	SORBO®	moisture and extend shelf life. By Corn Products US.			carb						fermented		Industrial	
		Crystalline Sorbitol is a fermented Polyol sweetener used in												
		commercial baking and candies to retain moisture and extend shelf			low									
239	SORBOGEM®	life. By Corn Products US.			carb						fermented		Industrial	
	Sorghum and Sorghum	Sweet sorghum syrup is made from sorghum grain. It tastes a bit like					so-called	high		high				
240	Syrup	molasses and has a high sugar content. High carb and glycemic.					natural	carb		glycemic				
241	Special FX TM	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 is 600						med		med				
242	Splenda®	times sweeter than sugar.						carb		glycemic				artificial
		-		zero	low									4:6:-:-1
243	Spoonful®	See Equal		carb	carb									artificial
		Polyglycitol Syrups & Powders combine Maltitol, Sorbitol and high-												
		molecular-weight polymers for sugar-free candies, and spay coatings												
244	STABILITE®	of commercial baked goods. By Corn Products US.									fermented		Industrial	
244	DIADILITE®	A sweeter blend of glycemic Non-GMO Maltodextrin and refined									Termenteu		muustitai	
245	Stevia by Xymogen	Stevioside Extract (Rebiana).						high carb		high glycemic			Industrial	
273	Stevia by Hymogen	Die Hosiee Datriet (Reofinia).						Caro		5. Jeenine			maastritti	
		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		7040	lew							high		
246	Stevia dried leaf	powder in food coops and online.	Best	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.						carb		glycemic				artificial
		1												

		A brand of refined stevioside powder blended with Inulin Fructo-										
		oligosaccharides. This is a zero calorie, zero carb, diabetic friendly										
248	Stevia FOS Blend	sweetener.			low carb							artificial
	Stevial of Biolic											
		Proprietary liquid drops by NOW Foods, with refined stevioside and										
		Vegetable Glycerin. Glycerine is digested as a non-glycemic			,							
249	Stevia Glycerate	carbohydrate. 1 tsp Stevia Glycerate = 1 cup sugar.			low carb				fermented	high- intensity	Industrial	
247	Stevia Grycerate	A blend of refined stevioside and cane sugar by Imperial Sugar			caro				Termented	intensity	industrial	
250	Steviacane TM	Company					high carb	high glycemic			Industrial	
230	Steviacane	This is refined stevioside powder in a liquid alcohol solution. The					Caro	gryceinic			ilidustiiai	
251	Stavia Class Duona	1			low carb					high- intensity		4:£:-:-1
231	SteviaClear Drops	drops are 250 - 300 times as sweet as sugar.		caro	саго					intensity		artificial
		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										
252	G	other ingredients. Look for the purest form with no added ingredients.			low					high-		
252	Stevioside Liquid Extract	The drops are 250 - 300 times as sweet as sugar.	C	carb	carb					intensity	Industrial	artificial
		Refined Stevioside and Rebaudioside are made from the stevia leaf.										
		Its sweetness is isolated and concentrated using heat, formaldehyde										
		and other chemicals into a powder c. 300 times sweeter than sugar,										
		with reduced aftertaste. 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	2	zero	low					high-		
253	Stevioside Powder, refined	bitter aftertaste to all stevia derivatives.	C	carb	carb					intensity		artificial
		A blend of Erythritol and refined Stevioside. Ask for Non-GMO	2	zero	low							
254	Stevita Spoonables	source.	c	carb	carb				fermented			artificial
		A blend of high quality Non-GMO Erythritol with refined Stevioside	2	zero	low							
255	Steviva Blend	powder. Steviva Blend is twice as sweet as sugar.			carb				fermented			artificial
		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				so-called	high	high				
256	Sucanat®	sugar.				natural	carb	glycemic				
		An artificial sweetener similar to Splenda made of Maltodextrin and			low		mod					
257	Sucra®	Sucralose.			low carb		med carb	med glycemic				artificial
		Sucralose is a substance that is not found in nature. It is a chemical						3,				
		laboratory creation from sucrose and chlorine, treated with a variety										
		of acids. Sucralose is approximately 600 times as sweet as table			1							
258	Sucralose	sugar, and is the sweetness in Splenda.			low carb					high- intensity		artificial
230	Sucrations	A zero-calorie chemical sweetener taking advantage of expiring		caro	Sui O			-		intensity		municiai
		Sucralose patents, mixed with refined steviosideand aspartame.										
250	SucraPlus®	Introduced by Fusion Nutraceuticals.			low					high-		outifi -:-1
239	Suctar tusw	High-intensity sweetener blend by Sweetener Solutions, LLC, which		carb	carb			-		intensity		artificial
260	C	is 600 times sweeter than sugar. A blend of a polyol (Maltitol),			low					high-		
260	SucraSweet TM	acesulfame potassium and neotame.	C	carb	carb				fermented	intensity		artificial

		A crystalline disaccharide of fructose and glucose, extracted mainly										
		from sugar cane and sugar beets, called White sugar, Cane sugar,				high	high	high				
261	Sucrose	Table Sugar or saccharose.				carb	fructose	glycemic				
		SAIB is made from cane sugar. It is used in beverages to add weight,				high		high				
262	Sucrose acetate isobutyrate	stability and as an emulsifier for flavorings.				carb		glycemic			Industrial	
262	g	Granulated sugar, also known as table sugar. Usually made from				high		high				
203	Sugar	sugar cane or beets. GI 65				carb		glycemic				
264	Sugar Free Gold	India's largest selling high-intensity sweetener, made with aspartame.	zero carb	low carb						high- intensity		artificial
	Sugui Tree Colu	Turbinado sugar, or a raw sugar crystallized from the initial pressing			so-called	high		high				
265	Sugar in the Raw®	of sugar cane.			natural	carb		glycemic				
266	Sugar Twin®	A Saccharin sweetener sold in Canada.		low carb						high- intensity		artificial
200	Sugai I will®	A Saccidi ili Sweetenei solu ili Canada.		carb						intensity		arunciai
		Granulated corn sugar combined with cane or beet sugar. The result is				high		high				
267	Sugaridextrose	a white sugar that costs less. Also called blended sugar.				carb		glycemic				
		A sweetener blend of fructose from corn, with Lo Han fruit				high	high					
268	SugarNot™	concentrate and silica.				carb	fructose					
		Sukrana is a zero caloric sweetener brand made of the chemical	zero	low						high-		
269	Sukrana®	Sucralose, registered by Meditex.	carb	carb		high		high		intensity		artificial
270	Sun Crystals®	A blend of cane sugar and refined stevisoide.				carb		glycemic				
		Sunett® is the brand name for the high-intensity artificial sweetener	zero	low						high-		
271	Sunett®	acesulfame K, registered by Nutrinova.	carb	carb						intensity		artificial
272	OI IOTA	Sweetener by NXT Nutritionals made from Inulin, fructose, natural		low		high	high					
	SUSTA	flavors and a probiotic.		low		carb	fructose			high-		
273	Sweet & Safe®	Also called Sweet-N-Safe®. Made with Acesulfame-K		carb						intensity		artificial
274	Sweet & Slender	A blend of fructose and Luo Han Guo fruit extract.				high carb	high fructose					
		A .'C . 1		low		high		high				
2/5	Sweet Choice	Artificial sweetener blend of Maltodextrin & Sucralose	zero	low		carb		glycemic				artificial
276	Sweet N' Low®	Artificial sweetener blend of saccharin and cyclamate	carb	carb								artificial
		A low carb, low glycemic liquid sweetener that contains organic raw										
		agave inulin, Yacon root and Stevia. Sweet Serum has a very										
277	Sweet Serum	concentrated sweet honey taste. 1 teaspoon Sweet Serum is equal in sweetness to about 5 teaspoons sugar.		low carb	so-called natural					high- intensity		
211	5 weet Beruin	sweetness to about 3 teaspoons sugar.		caro	naturai					intensity		
		A Sugar Substitute made from Erythritol, Fructose and Natural				med	med					
278	Sweet Simplicity®	Flavors by Whole Earth Sweetener Company, the makers of PureVia.				carb	fructose		fermented		Industrial	
		A high intensity sweetener developed by the European firm Vitiva		low						high-		
279	Sweet'nVit stevia	containing refined Stevioside, Erythritol and Maltitol.		carb					fermented	intensity	Industrial	
		Cargill Sweetener blend made from polyols Erythritol, Isomalt,										
200	SweetDesign TM	Polydextrose and Sorbitol plus high-intensity sweeteners ace-K and		low					£ 1		In dec.	
280	SweetDesign''	neotame.		carb					fermented		Industrial	artificial
		A blend of Non-GMO Erythritol, FOS from Non-GMO sugar beets,		low			hi-t-					
281	SweetenMe	Inulin from Jerusalem artichokes, Fructose, Citric extract and flavors.		low carb			high fructose		fermented			
	SweetFreedom	UK sweetener made from apples, grapes and carob				high carb	high fructose					
				low		caro	Huctose					
283	SweetLeaf Stevia Shaker	A blend of refined stevioside powder and inulin.		carb							Industrial	

		A proprietary sweetener made from Fructose, Lo Han Guo and						Ι.						
284	SweetLife	Chicory root			low carb			med carb	med fructose					
285	SweetOne®	An artificial sweetener blend of Dextrose and Acesulfame-K.						high carb		med glycemic				artificial
		A zero calorie, zero carb, zero GI blend of oligo-fructose from								8 3				
.		chicory root and refined stevioside powder. It can be measured cup			1									
286	SweetPerfection	for cup like sugar.		zero carb	low carb								Industrial	
								high	high					
287	SweetSurprise	High Fructose sweetener from corn						carb	fructose					
i l		A formanted assertance made of Emularital Oliceferators & Cilicon												
i		A fermented sweetener made of Erythritol, Oligofructose & Silicon												
200	g g ,	Dioxide. It is labeled Non-GMO. Can be measured cup for cup like		zero	low									
288	Swerve Sweetener	sugar. Available from www.swervesweetener.com and Amazon.	Best	carb zero	carb						fermented			
289	Swiss Sweet®	An artificial tabletop sweetener made with Acesulfame-K.		carb	carb									artificial
								high		high				
290	Table Sugar	Made of beets or sugar cane, also called granulated sugar, (GI 65)						carb		glycemic				
ı T		A proprietary blend of Tagatose, Isomalt, Inulin & Sucralose			low									
291	Tagatesse	(Splenda).			carb						fermented			artificial
		Tagatose is a crystalline sugar that is roughly 92% as sweet as table												
.		sugar, with only 38% of the calories. Tagatose is a functional												
i		sweetener, a naturally occurring monosaccharide, specifically a												
.		hexose. It is often found in dairy products, and produced from dairy.						high						
292	Tagatose	It has a low glucemic index of 3.						carb					Industrial	
		A brand of high intensity sweetener derived from Thaumatin. It is												
i		from a sweet berry of the West African Katemfe plant, and has zero		zero	low		so-called					high-		
293	Talin™	calories, zero carbs.		carb	carb	Paleo	natural					intensity		
		Also called Cassava syrup, this is a naturally sweet syrup made from												
.		tapioca, also known as cassava or manioc. High in carbs and					so-called	high		high				
294	Tapioca syrup	glycemic much like rice syrup or corn syrup.					natural	carb		glycemic				
		A sweetness optimizer for commercial use in low calorie beverages												
295	Tastewise	by Cargill.											Industrial	
		Sweetener made from the West African Katemfe plant that is 3200		zero	low		so-called					high-		
296	Thaumatin	times sweeter than sugar.		carb	carb	Paleo	natural					intensity		
		100% Pure Birch Xylitol. Organic and Non-GMO by			low		so-called							
297	The Ultimate Sweetener®	www.theultimatelife.net See Xylitol.			carb		natural				fermented			
		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.			low		so-called							
298	TheraSweet®	See Xylitol.			carb		natural				fermented			
299	Treha®	Cargill's brand of Trehalose						?		?			Industrial	
		A disaccharide sugar that is 45% as sweet as sugar. It is found in												
		sunflower seeds, moonwort, algae and musrooms. Also known as												
300	Trehalose	mushroom sugar.						?		?				
		A dry, free-flowing blend of acesulfame potassium, Maltodextrin,			low									
301	Triblend 600	Sucralose and neotame designed for commercial soft drinks.			carb			?		?				artificial
302	Trilisse	Tastewise sweetness enhancer by Cargill											Industrial	
			1					high	high					

204	Trimeline	Also called Invert Sugar, a commercial sweetener blend of glucose and fructose that retains moisture in baked goods.				high carb	high	high		Industrial	
	Trimoline	-	zero	low		carb	fructose	glycemic		industriai	
305	Tropicana Slim	A zero-calorie artificial sweetener with aspartame. A sweetener blend of GMO corn Erythritol, refined Rebaudioside,	carb	carb							artificial
306	Truvia TM	and other ingredients by Cargill.	zero carb	low carb					fermented	Industrial	
300	TI WY TW	Turbinado sugar is partially processed cane sugar, also called Raw			so-called	high		high			
307	Turbinado Sugar	Sugar. GI 65			natural	carb		glycemic			
		A blend of a blend of Maltitol, acesulfame potassium and neotame, by		low							
	TwoSweet™	Sweetener Solutions™.		carb					fermented		artificial
309	Ultra-Lite Maltodextrin	Low-calorie crystalline Maltodextrin by Corn Products US.		?		?		?		Industrial	
310	Unidex® Dextrose	Commercial sweetener with large particle size by Corn Products US.				?		hioh		Industrial	
311	Vanilla Sugar	Cane sugar that is flavored with vanilla				high carb		high glycemic			
212		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 industrial		low							
312	Vegetable Glycerine	products. A Low-glycemic sweetener blend of Sucrose, Fructose, and Lactose		carb		high	high		fermented	Industrial	
313	Whey-Low	Monohydrate from whey.		low		carb	fructose				
314	Xtend [™] -Isomaltulose	Cargill low glycemic Isomaltulose commercial sweetener		low					fermented	Industrial	
315	Xtend™ -Sucromalt	Cargill low GI Sucromalt commercial sweetener		?						Industrial	
316	Xyli Pure	A brand of Pure 100% Non-GMO Xylitol by Jarrow.		low					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 usually comes from GMO corn.		low carb					fermented		
	Xylitol Blend Honey	Xylitol, water, honey flavor, xanthan gum, citric acid, sorbic acid		low							
318	Substitute	preservative, caramel coloring. See Xylitol. A blend of Xylitol from GMO Corn and refined Stevioside. See		carb					fermented		
319	Xylitol Plus by Now Foods	Xylitol.		low carb					fermented		
		Proprietary brand of crystal Xylitol, a low calorie, low glycemic polyol that can be measured cup for cup like sugar. By Corn Products									
320	XYLOGEM™	US.		low carb					fermented	Industrial	

	XYLOGEM™	This sweetener blend combines Xylitol with other polyols and/or		low							
321	Performance Systems	sweeteners at a lower cost. By Corn Products US.		carb					fermented	Industrial	
322		Delicious syrup from a South American tuber root, tastes like caramel. High in 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 therefore high-carb. I suggest care if you are sensitive to sugars. If you can rind raw Yacón, it is lower in carbs and sugars.		low carb	Paleo	so-called natural					
323	Yellow Sugar	Often called golden sugar, this is usually made from corn.					high carb	high glycemic			
324	Zerose	This is Cargill's brand of Erythritol.		low carb					fermented	Industrial	
325	ZSweet®	A sweetener that can be used cup for cup like sugar, made from Non-GMO Erythritol and refined Stevioside or Rebaudioside.	zero carb	low carb					fermented	Industrial	