

325 Sweeteners, 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.janeshealthykitchen.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”.		zero carb	low carb							high-intensity		artificial
3	Acesulfame-K	Acesulfame K is an artificial sweetener that is 180-200 times sweeter 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.		zero carb	low carb							high-intensity		artificial
5	Agave Inulin	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-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.			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™	Wal-Mart's Sucralose sweetener similar to Splenda.		zero carb	low carb									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 glycemic				
12	Amidex™	Commercial Corn Syrup made by Corn Products US.						high carb	high 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					so-called natural	high carb	high fructose					
15	Aspartame	A high-intensity chemical sweetener made from Aspartyl-phenylalanine-1-methyl ester Cyclamate. About 200 times sweeter than sugar. Requires warning label: CONTAINS PHENYLALANINE.		zero carb	low carb							high-intensity		artificial
16	BakeSweet™	Commercial sweetener blend by Sweetener Solutions™, with Maltitol, acesulfame potassium and neotame. It is 30 times sweeter than sugar			low carb							high-intensity		artificial
17	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						high carb		high glycemic				
18	Beet Sugar	Refined white sugar made from beets.						high carb		high glycemic				
19	Better Stevia liquid	NOW Foods blend of refined Stevioside with Vegetable Glycerin. 1 tsp liquid = 1 cup sugar. See Stevia Glycerite.			low carb							high-intensity	Industrial	
20	Better Stevia packets	NOW Foods powdered refined stevioside blended with Rice 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				
22	Brazzein	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 Cweet.		zero carb	low carb		so-called natural					high-intensity		
23	Brown Rice syrup	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: 85					so-called natural	high carb		high glycemic				
24	C*IsoMaltidex™	Cargill brand Isomalt			low carb						fermented		Industrial	
25	C*Mannidex™	Cargill brand Mannitol			low carb						fermented		Industrial	
26	C*Sorbidex™	Cargill brand Sorbitol			low carb						fermented		Industrial	
27	Canderel	Canderel is a brand of artificial sweetener made mainly from aspartame, marketed by The Merisant Company.		zero carb	low carb							high-intensity		artificial
28	CandyS®	A liquid sweetener using the chemical Sucralose, taking advantage of expiring patents on this chemical.		zero carb	low carb							high-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				
31	Caramel	Made by browning cane sugar.						high carb		high glycemic				

32	Carbitol	Carbitol® is a trademarked solvent of cellulose ethers and Natural and Artificial Gums and Resins by Union Carbide Chemicals. It is used in commercial baking.						high carb						Industrial
33	Carob syrup	Carob was a sweetener in ancient Egypt. The syrup is made from the carob pod. It is high carb and glycemic (high in glucose).						high carb		high glycemic				
34	Casco™ Corn Syrup	High Fructose Corn Syrup made by Corn Products US						high carb	high fructose	high glycemic				Industrial
35	Cassava Syrup	Also called Tapioca syrup. A high glycemic sweetener with similar carbs to rice and corn syrups.						high carb		high 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™ dextrose	Cargill brand Dextrose						high carb		high glycemic				Industrial
39	Cerelose® Anhydrous Dextrose	A low moisture commercial dextrose sweetener made by Corn Products US.						high carb		high 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
41	Chic	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 sweetener.			low carb							high-intensity		artificial
42	Chicolin	Chicolin™ 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 Imports, BC, Canada			low carb									
43	Clearbrew	Cargill brewing sweetener						high carb						Industrial
44	Cleardex	Cargill brand Corn Syrup						high carb	high fructose					Industrial
45	ClearSweet	Cargill brand Corn Syrup						high carb	high fructose					Industrial
46	ClearSweet®	Corn Syrup by Cargill						high carb	high fructose					Industrial
47	Coconut crystals, sugar	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. GI 35					so-called natural	high carb	high fructose					
48	Coconut syrup	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 - 48.5%. And high in carbs - 92%.					so-called natural	high carb	high 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		high glycemic				
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™	Cargill Glucose syrup							high carb		high glycemic				Industrial
55	CTruSweet™	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.							high carb		high glycemic				
69	Dr. Grandma's Delight	A sweetener blend of GMO Erythritol plus fruit flavorings		low carb								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.		zero carb	low carb							high-intensity		artificial
74	E961	European Sweetener by NutraSweet, same as Neotame.		zero carb	low carb									artificial
75	Emerald Forest	A brand of GMO corn Erythritol by Emerald Forest.		zero carb	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 re-crystallized with table sugar (sucrose).						high carb		high glycemic				
77	Enliten®	A high intensity, low calorie sweetener that is an industrial form of refined Stevioside 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.			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
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 carb						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		zero carb	low carb	Paleo					fermented			
86	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	
87	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.		zero carb	low carb									artificial
89	Fibrelle	Fibrelle is a sweetener for baking and beverages containing Polydextrose, Maltitol, Inulin, Oligofructose, Sucralose and Acesulfame-K.			low carb									artificial
90	Florida Crystals®	Evaporated cane juice where the molasses has been removed.						high carb		high glycemic				

91	FOS	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 used as a base in blending with more intense sweeteners.		zero carb	low carb	Paleo	so-called natural								
92	Frisun Sweet Sensation	Sweetener blend made with Inulin and Luo Han Guo Powder. Also known as AllSweet, by vitasprings.com		zero carb	low carb		so-called natural								
93	Frozen Fruit Concentrate	Same as Fruit Juice concentrate					so-called natural	high carb	high fructose						
94	Fructans	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 well.		zero carb	low carb										
95	Fructevia	A proprietary blend of crystalline Fructose, FOS and refined stevioside powder. This blend is twice as sweet as sugar.						high carb	high fructose						
96	Fructo-oligosaccharides	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 fructans		zero carb	low carb										
97	Fructose granulated	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, but new research shows that it creates lipid fat deposits and arterial plaque, inviting diabetes, obesity, high cholesterol and heart disease.						high carb	high fructose						
98	Fruit juice concentrate	Concentrated, filtered, clarified fruit juice.					so-called natural	high carb	high fructose						
99	Fruit Juices	All fruit juices can be considered sweeteners. They are often sweetened with added fruit juice concentrates. All fruit juices are high in fructose and high-carb.					so-called natural	high carb	high fructose						
100	Fruit Sugar	Fructose, or high-carbohydrate sugar from fruits.					so-called natural	high carb	high fructose						

101	Fruit Up	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, and is very high in carbs.						high carb	high fructose						
102	FruitSource®	FruitSource is the brand name of a granulated sweetener made from grape juice concentrate and rice syrup						high carb	high fructose						
103	FruitTrim®	FruitTrim is a liquid, carbohydrate-based sweetener made from fruit juice and dextrin, both high in carbs.						high carb	high fructose						
104	Galactose	Galactose is in the molecular family of carbohydrates like sucrose, fructose and lactose. Galactose is made from in milk and whey.						high carb		high glycemic					
105	Globe® and Globe® Plus	Commercial Corn Syrups made by Corn Products US.						high carb	high fructose					Industrial	
106	Glucose	Glucose is a simple sugar (monosaccharide) and an important carbohydrate in biology.						high carb		high glycemic					
107	Glucose syrup	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 potatoes, wheat, barley, rice and cassava.						high carb		high glycemic					
108	Glycerin	A sweet syrup made from palm or coconut. Often used in prepared foods and cosmetics. See Glycerol, or Vegetable Glycerin			low carb						fermented			Industrial	
109	Glycerol	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 <i>Saccharomyces cerevisiae</i> . Or it can be chemically synthesized from petroleum. It is used in many industrial products.			low carb						fermented			Industrial	
110	Glycyrrhizin	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 glycemic.			low carb						fermented	high-intensity			
111	GLYSTAR® Performance Systems	Proprietary blend of several polyols with glycerin to combine their benefits, such as retaining moisture at a lower cost in prepared foods. By Corn Products US.			low carb						fermented			Industrial	
112	Golden sugar	Often called yellow sugar, looks like honey and is usually made from corn.						high carb		high glycemic					
113	Golden Syrup	An amber syrup popular in the UK, used for baking and pancake topping. Made from evaporated cane juice. GI 65						high carb		high glycemic					
114	Granulated sugar	Another name for Sugar, Table sugar, usually made from sugar cane or sugar beets. GI 65						high carb		high glycemic					
115	Grape juice concentrate	High-carb sweetener from concentrated grape juice				so-called natural		high carb	high fructose						

116	Grape Sugar or syrup	High-carb sweetener from concentrated grape juice					so-called natural	high carb	high fructose					
117	Green Leaf Stevia	A proprietary blend by Swanson made of refined Stevioside powder and rice Maltodextrin.			low carb							high-intensity	Industrial	
118	Green Stevia Powder	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 aftertaste and is 250 - 300 times sweeter than sugar.		zero carb	low carb	Paleo						high-intensity		
119	GumSweet™	by Sweetener Solutions™, this is a blend of Maltitol, acesulfame potassium and neotame.			low carb									artificial
120	Hermesetas (Europe)	A Sweetener blend sold in Europe made of Maltodextrin, Inulin, Aspartame, Acesulfame-K.			low carb			high carb						artificial
121	HFCS - High Fructose Corn Syrup	High Fructose Corn Syrup HFCS contains 42% to 55% fructose, and 79 - 85% carbs. GI 87						high carb	high fructose					
122	High Maltose Corn Syrup	Corn based syrup with 30 – 50% Maltose content. It has a somewhat lower glycemic index and lower fructose content than HFCS.											Industrial	
123	Honey, Raw	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. GI: 30.				Paleo	so-called natural	high carb	high fructose					
124	Honey, Refined & Pasteurized	When honey is refined and pasteurized it loses nutritional value. Often high fructose corn syrup is added to processed honey. Honey is usually twice as sweet as sugar. GI 75						high carb	high fructose					
125	HSH	Hydrogenated Starch Hydrolates, a Polyol Sweetener made from Corn, Potato or Wheat			low carb						fermented		Industrial	
126	Hydrolyzed cane juice	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.						high carb		high glycemic			Industrial	
127	Hydrolyzed starch	Starches are hydrolized using acids or enzymes as catalysts. The results are often known as dextrin, maltodextrin, corn syrups, and Polydextrose.						high carb					Industrial	
128	HYSTAR®	Hydrogenated starch hydrolysates help retain moisture, and are used to replace glycerin in prepared foods. By Corn Products US.			low carb						fermented		Industrial	
129	Icing sugar	Finely ground cane sugar. Same as Confectioners' sugar, Powdered Sugar and Castor sugar. GI 65						high carb		high glycemic				
130	Ideal	A sweetener made with Xylitol, Dextrose, Maltodextrin & Sucralose.			low carb			high carb			fermented			artificial
131	InstaSweet	An artificial sweetener made from aspartame		zero carb	low carb							high-intensity		artificial

132	Inulin Powder 100%	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 from other sources.		zero carb	low carb	Paleo									
133	Invert sugar or syrup	A mixture of glucose and fructose resulting from the hydrolysis of sucrose. It is found naturally in fruits and honey and produced artificially as a sweetener.					high carb	high fructose	high glycemic					Industrial	
134	Invertose®	A blend of cane sugar and High Fructose Corn Syrup by Corn Products US.					high carb	high fructose	high glycemic					Industrial	
135	Irbis®	European high-intensity Sweetening powder, with an aspartame base.		zero carb	low carb							high-intensity			artificial
136	IsoClear®	HFCS - High Fructose Corn Syrup by Cargill					high carb	high fructose						Industrial	
137	Isomalt	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. Isomalt is half as sweet as sugar.			low carb						fermented				
138	IsoMaltidex™	Pure Isomalt by Cargill. Made from beets.			low carb						fermented			Industrial	
139	Isomaltulose	A low calorie crystalline sweetener made from Isomalt									fermented			Industrial	
140	Jerusalem Artichoke Syrup	This dark and flavorful syrup is rich in inulin and has a low GI and is said to be low in carbs. It tastes a bit like molasses. Sold in food coops.			low carb	Paleo	so-called natural								
141	Just Like Sugar® Baking	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 designed for commercial use by weight.		zero carb	low carb	Paleo									
142	Just Like Sugar® Brown	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.		zero carb	low carb	Paleo									
143	Just Like Sugar® TableTop	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 .	Best	zero carb	low carb	Paleo									
144	Katemfe	A West African berry that is 3200 times sweeter than sugar. Also called the Sweet Prayer plant and used in making Thaumatin.		zero carb	low carb	Paleo						high-intensity			

145	Lactitol	A pure Polyol fermented sweetener that is 40% as sweet as sugar, made from dairy whey.			low carb							fermented			
146	Lactose	A complex sugar found in milk.						high carb		high glycemic					
147	Lakanto™	A sweetener made from Non-GMO Erythritol and Luo Han Guo, and used cup for cup like sugar. This is zero calories, zero carbs, and zero glycemic. It is quite expensive.		zero carb	low carb							fermented			
148	Levulose	Another name for Fructose						high carb	high fructose						
149	Licorice root	This naturally sweet root contains Glycyrrhizin, a natural plant sweetener with a very strong flavor. Licorice may be OK in small amounts. Large doses can cause water or thyroid imbalance.		zero carb	low carb		so-called natural						high-intensity		
150	Litesse	Litesse is a corn-based sweetener often found in Lindt sugar-free chocolates.						high carb	high fructose					Industrial	
151	Lo Han Guo Liquid Extract	Luo Han Guo drops are low in carbs and used as a sugar substitute in beverages.		zero carb	low carb		so-called natural								
152	Lo Han Sweet by Jarrow	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 most healthy groceries.			low carb		so-called natural					fermented			
153	Logicane	Logicane is a cane sugar product used in Australia. It is less refined and has a slightly lower glycemic index of 50.						high carb		med. glycemic					
154	Lucuma Powder	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 flours.			low carb	Paleo	so-called natural								
155	Luo Han Guo Fruit	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 powder using a super blender.		zero carb	low carb	Paleo	so-called natural								
156	Luo Han Guo powder	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 usually mixed with other ingredients, such as dextrin.		zero carb	low carb		so-called natural						high-intensity		
157	Malt syrup	Often made from barley, this is a high-carb sweetener used in making beer.						high carb		high glycemic					
158	Malted Barley Syrup	Made from barley, this is a high-carb sweetener used in making beer.						high carb		high glycemic					
159	Maltidex™	Cargill brand Maltitol										fermented		Industrial	
160	Maltisorb™	Maltitol is a fermented crystal polyol sweetener sold by Roquette America Inc, used for commercial low glycemic cakes, cookies, snacks.										fermented		Industrial	
161	MALTISWEET®	Proprietary Maltitol & Maltitol Polyol crystals and Syrups by Corn Products US.										fermented		Industrial	

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

195	NuNaturals Erythritol	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. Ask for a Non-GMO source.		zero carb	low carb							fermented		
196	NuNaturals MoreFiber Stevia Baking Blend	A sugar substitute that blends high glycemic Maltodextrin with refined stevioside.						high carb		high glycemic				artificial
197	Nustevia	A sugar substitute that blends Maltodextrin with refined stevioside.						high carb		high glycemic				artificial
198	NutraSweet® and NutraSweet 2000®	A high intensity sweetener made with aspartic acid and phenylalanine		zero carb	low carb							high-intensity		artificial
199	Oligofructose	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 Fructo-oligosaccharides or Fructans.			low carb									
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	
201	Only Sweet	A glycemic sweetener that blends Maltodextrin with refined stevioside.						high carb		high glycemic				
202	Orafiti™	A line of commercial sweeteners made from chicory root inulin or oligo-fructose, by Beneo-Orafiti 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	Zero™	A brand of Erythritol available in Whole Foods Markets and online at Amazon.com. Formerly called "Organic Zero" it is no longer called organic. It is labeled vegan Non-GMO.		zero carb	low carb							fermented		
205	Palatinose	Commercial sweetener made from Isomalt			low carb							fermented	Industrial	
206	Palm Sugar	Palm sugar is collected from sap of the coconut palm when the blossoms are cut. Low GI: 35. High Fructose: 48.5%. Very high-carbs: 92%					so-called natural	high carb	high fructose	med. glycemic				
207	Panocha	A traditional cone of unrefined sugar, also know as panela and piloncillo in Spanish.					so-called natural	high carb		high glycemic				
208	Pentadin	Pentadin is a natural high-intensity sweetener, which like Brazzein, comes from the Oubli plant native to West Africa. Zero GI, zero carbs, zero calories, totally natural, Paleo and suitable for diabetics.		zero carb	low carb	Paleo						high-intensity		
209	Phenylalanine	An α -amino acid that is part of the high-intensity sweetener Aspartame.		zero carb	low carb							high-intensity		artificial
210	Piloncillo	Mexican dark brown sugar. The sugar cones are delicious with a 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	Polyglycol syrups	Polyol Blend made primarily of Maltitol, Sorbitol and higher molecular weight polyols.			low carb							fermented	Industrial	
213	Powdered Sugar	Finely ground cane sugar. Same as confectioners' sugar and castor sugar. GI 65						high carb		high glycemic				

214	PureLo - by Swanson	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 Swanson Vitamins or Amazon.	Best	zero carb	low carb		so-called natural								
215	PureVia™	A proprietary sweetener of Erythritol and refined Stevioside or Rebaudioside. More information is needed regarding its sources, processing methods and other ingredients.		zero carb	low carb						fermented			Industrial	
216	Pyure Organic Stevia	A sweetener made from refined stevioside sold in sachets or liquid. Contains Organic agave inulin, refined Stevoiside extracts, and natural flavor. By Pyuresweet.com.		zero carb	low carb							high-intensity		Industrial	
217	Raffinose	This natural plant sweetener, also called melitose, is a trisaccharide sugar molecule from beans, peas, cabbage, Brussels sprouts, and broccoli. Low carb, low calorie, and diabetic friendly.			low carb		so-called natural								
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					
219	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					
220	Rebiana	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 sweet as sugar. See Stevioside.		zero carb	low carb							high-intensity		Industrial	
221	Rebaudioside	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 derivatives. See Stevioside.		zero carb	low carb							high-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 fructose	high glycemic				Industrial	
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™	A Cargill brand Corn Syrup						high carb	high fructose					Industrial	
227	Shugr™	A sweetener blend of Erythritol, Maltodextrin, Tagatose and Sucralose.			low carb			high carb		high glycemic	fermented				artificial
228	Slimstevia	A Chinese brand sweetener similar to Truvia made from genetically modified corn Erythritol with refined Stevioside and/or Rebaudioside.		zero carb	low carb						fermented			Industrial	
229	SlimSweet	Also Called TriMedica SlimSweet. It is a blend of Levulose, a form of Fructose, and Luo Han Guo herb.						high carb	high 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		
231	Smart Sugar®	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 Azúcar Delgado in Spanish.						high carb		high glycemic				
232	SmartSweet Xylitol	A brand of Non-GMO Xylitol sold by Global Sweet. See Xylitol.			low carb						fermented			
233	SomerSweet	A sweetener blend by Suzanne Somers that contains Inulin, Erythritol and Fructose.						med carb	med fructose		fermented			
234	Soooo Sweet	A sweetener made from a digestive fiber called "FiberSol-2TM" plus refined stevioside powder.			low carb		so-called natural						Industrial	
235	Sorbitol™	Pure Sorbitol by Cargill. Made from corn starch.			low carb						fermented		Industrial	
236	Sorbitame™	by Sweetener Solutions™, an unknown blend of artificial sweeteners.										high-intensity	Industrial	
237	Sorbitol	A Polyol Sweetener that is 60% as sweet as sugar, and is made from corn starch.			low carb						fermented			
238	SORBO®	A clear syrup Sorbitol Solution used in commercial desserts, to retain moisture and extend shelf life. By Corn Products US.			low carb						fermented		Industrial	
239	SORBOGEM®	Crystalline Sorbitol is a fermented Polyol sweetener used in commercial baking and candies to retain moisture and extend shelf life. By Corn Products US.			low carb						fermented		Industrial	
240	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 natural	high carb		high glycemic				
241	Special FX™	Cargill brand fructose & glucose oligosaccharide						high carb	high fructose	high glycemic			Industrial	
242	Splenda®	Splenda is made of glycemic sugars dextrose and Maltodextrin, plus Sucralose, a high-intensity artificial chemical sweetener that is 600 times sweeter than sugar.						med carb		med glycemic				artificial
243	Spoonful®	See Equal		zero carb	low carb									artificial
244	STABILITE®	Polyglycitol Syrups & Powders combine Maltitol, Sorbitol and high-molecular-weight polymers for sugar-free candies, and spray coatings of commercial baked goods. By Corn Products US.									fermented		Industrial	
245	Stevia by Xymogen	A sweeter blend of glycemic Non-GMO Maltodextrin and refined Stevioside Extract (Rebiana).						high carb		high glycemic			Industrial	
246	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.	Best	zero carb	low carb	Paleo						high-intensity		
247	Stevia extract in the raw™	This is a glycemic combination of corn Maltodextrin plus refined stevioside.						high carb		high glycemic				artificial

248	Stevia FOS Blend	A brand of refined stevioside powder blended with Inulin Fructo-oligosaccharides. This is a zero calorie, zero carb, diabetic friendly sweetener.		zero carb	low carb											artificial
249	Stevia Glycerate	Proprietary liquid drops by NOW Foods, with refined stevioside and Vegetable Glycerin. Glycerine is digested as a non-glycemic carbohydrate. 1 tsp Stevia Glycerate = 1 cup sugar.			low carb						fermented		high-intensity	Industrial		
250	Steviacane™	A blend of refined stevioside and cane sugar by Imperial Sugar Company						high carb		high glycemic				Industrial		
251	SteviaClear Drops	This is refined stevioside powder in a liquid alcohol solution. The drops are 250 - 300 times as sweet as sugar.		zero carb	low carb								high-intensity			artificial
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		artificial
253	Stevioside Powder, refined	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 bitter aftertaste to all stevia derivatives.		zero carb	low carb								high-intensity			artificial
254	Stevita Spoonables	A blend of Erythritol and refined Stevioside. Ask for Non-GMO source.		zero carb	low carb						fermented					artificial
255	Steviva Blend	A blend of high quality Non-GMO Erythritol with refined Stevioside powder. Steviva Blend is twice as sweet as sugar.		zero carb	low carb						fermented					artificial
256	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.					so-called natural	high carb		high glycemic						
257	Sucra®	An artificial sweetener similar to Splenda made of Maltodextrin and Sucralose.			low carb			med carb		med glycemic						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 stevioside and aspartame. Introduced by Fusion Nutraceuticals.		zero carb	low carb								high-intensity			artificial
260	SucraSweet™	High-intensity sweetener blend by Sweetener Solutions, LLC, which is 600 times sweeter than sugar. A blend of a polyol (Maltitol), acesulfame potassium and neotame.		zero carb	low carb						fermented		high-intensity			artificial

284	SweetLife	A proprietary sweetener made from Fructose, Lo Han Guo and Chicory root			low carb				med carb	med fructose					
285	SweetOne®	An artificial sweetener blend of Dextrose and Acesulfame-K.							high carb		med glycemic				artificial
286	SweetPerfection	A zero calorie, zero carb, zero GI blend of oligo-fructose from chicory root and refined stevioside powder. It can be measured cup for cup like sugar.		zero carb	low carb									Industrial	
287	SweetSurprise	High Fructose sweetener from corn							high carb	high fructose					
288	Swerve Sweetener	A fermented sweetener made of Erythritol, Oligofructose & Silicon Dioxide. It is labeled Non-GMO. Can be measured cup for cup like sugar. Available from www.swervesweetener.com and Amazon.	Best	zero carb	low carb							fermented			
289	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							fermented			artificial
292	Tagatose	Tagatose is a crystalline sugar that is roughly 92% as sweet as table sugar, with only 38% of the calories. Tagatose is a functional sweetener, a naturally occurring monosaccharide, specifically a hexose. It is often found in dairy products, and produced from dairy. It has a low glucemic index of 3.							high carb					Industrial	
293	Talin™	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	Paleo	so-called natural						high-intensity		
294	Tapioca syrup	Also called Cassava syrup, this is a naturally sweet syrup made from tapioca, also known as cassava or manioc. High in carbs and glycemic much like rice syrup or corn syrup.					so-called natural	high carb		high glycemic					
295	Tastewise	A sweetness optimizer for commercial use in low calorie beverages by Cargill.												Industrial	
296	Thaumatin	Sweetener made from the West African Katemfe plant that is 3200 times sweeter than sugar.		zero carb	low carb	Paleo	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		so-called natural					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		so-called natural					fermented			
299	Treha®	Cargill's brand of Trehalose						?		?				Industrial	
300	Trehalose	A disaccharide sugar that is 45% as sweet as sugar. It is found in sunflower seeds, moonwort, algae and mushrooms. Also known as mushroom sugar.						?		?					
301	Triblend 600	A dry, free-flowing blend of acesulfame potassium, Maltodextrin, Sucralose and neotame designed for commercial soft drinks.			low carb				?		?				artificial
302	Trilisse	Tastewise sweetness enhancer by Cargill												Industrial	
303	Tri-Medica SlimSweet	A sweetener blend of Levulose (fructose) and Lo Han Guo.							high carb	high fructose					

304	Trimoline	Also called Invert Sugar, a commercial sweetener blend of glucose and fructose that retains moisture in baked goods.						high carb	high fructose	high glycemic			Industrial	
305	Tropicana Slim	A zero-calorie artificial sweetener with aspartame.		zero carb	low carb									artificial
306	Truvia™	A sweetener blend of GMO corn Erythritol, refined Rebaudioside, and other ingredients by Cargill.		zero carb	low carb						fermented		Industrial	
307	Turbinado Sugar	Turbinado sugar is partially processed cane sugar, also called Raw Sugar. GI 65					so-called natural	high carb		high glycemic				
308	TwoSweet™	A blend of a blend of Maltitol, acesulfame potassium and neotame, by Sweetener Solutions™.			low 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.						?					Industrial	
311	Vanilla Sugar	Cane sugar that is flavored with vanilla						high carb		high glycemic				
312	Vegetable Glycerine	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 products.			low carb						fermented		Industrial	
313	Whey-Low	A Low-glycemic sweetener blend of Sucrose, Fructose, and Lactose Monohydrate from whey.						high carb	high fructose					
314	Xtend™ -Isomaltulose	Cargill low glycemic Isomaltulose commercial sweetener			low carb						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 carb						fermented			
317	Xylitol	Xylitol is a natural fermented Polyol sweetener. It is not patentable and available 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			
318	Xylitol Blend Honey Substitute	Xylitol, water, honey flavor, xanthan gum, citric acid, sorbic acid preservative, caramel coloring. See Xylitol.			low carb						fermented			
319	Xylitol Plus by Now Foods	A blend of Xylitol from GMO Corn and refined Stevioside. See Xylitol.			low carb						fermented			
320	XYLOGEM™	Proprietary brand of crystal Xylitol, a low calorie, low glycemic polyol that can be measured cup for cup like sugar. By Corn Products US.			low carb						fermented		Industrial	

321	XYLOGEM™ Performance Systems	This sweetener blend combines Xylitol with other polyols and/or sweeteners at a lower cost. By Corn Products US.			low carb						fermented		Industrial	
322	Yacon Syrup	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	