

A GUIDE TO DIFFERENT SWEETENERS



As you aim to reduce sugar levels but maintain the balance of a drink, it is helpful to identify different sweeteners and their GI. The glycaemic index (GI) essentially ranks carb-containing foods according to their effect on blood sugar, from 0 (no effect) to 100 (straight glucose). The more processed, the higher the glycaemic index.

Below is a helpful guide to different sweeteners, the type of carbohydrate and their glycaemic index.

SWEETENER	TYPE	GLYCAEMIC INDEX
Glucose	Sugar	100
Sucrose	Sugar	65
Caramel	Modified Sugar	60
Golden Syrup	Modified Sugar	60
Refiners Syrup	Modified Sugar	60
Blackstrap Molasses	Sugar Extract	55
Maple Syrup	Natural Sugar	54
Honey	Natural Sugar	50
Lactose	Sugar	45
Cane Juice	Sugar Extract	43
Barley Malt Syrup	Modified Sugar	42
Cocont Palm Sugar	Natural Sugar	35
Maltitol	Sugar Alcohol	35
Brown Rice Syrup	Modified Sugar	25
Fructose	Sugar	25
Agave Syrup	Modified Sugar	15