



Glycemic Index & Sugar Substitutes

Understanding Glycemic Index & Sugar Substitutes

The Glycemic Index (GI) measures how quickly a carbohydrate-containing food raises blood sugar levels after consumption. Foods with a high GI cause a rapid spike in blood sugar, while foods with a low GI result in a slower and steadier rise. This document provides an overview of common sweeteners and their GI values, along with a comprehensive list of alternative names for sugar used by manufacturers.

Sweeteners & Their Glycemic Index

Sweetener	Calories (1 tbsp)	Glycemic Index (GI)
White Sugar	~49 kcal	65
Jaggery	~58 kcal	84
Brown Sugar	~48 kcal	70
Honey	~64 kcal	60
Maple Syrup	~52 kcal	55
Stevia	~0 kcal	0
Monk Fruit	~0 kcal	0
Maltodextrin	~12 kcal (per tsp)	110
HFCS (High-Fructose Corn Syrup)	~53 kcal	87

Alternative Names for Sugar

Used by Manufacturers

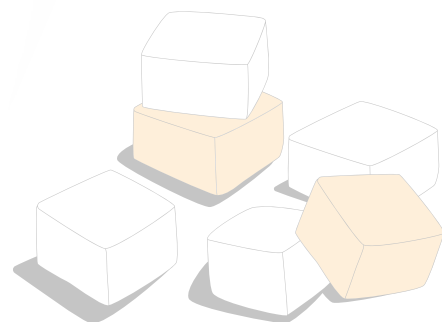


- Agave nectar
- Barbados
- Barley malt
- Barley malt syrup
- Beet sugar
- Brown sugar
- Buttered syrup
- Cane juice
- Cane juice crystals
- Cane sugar
- Caramel
- Carob syrup
- Treacle
- Turbinado sugar
- Yellow sugar
- Castor sugar
- Coconut palm sugar
- Coconut sugar
- Confectioner's sugar
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Date sugar
- Dehydrated cane juice
- Demerara sugar
- Dextrin

Alternative Names for Sugar

Used by Manufacturers

- Dextrose
- Evaporated cane juice
- Free-flowing brown sugars
- Fructose
- Fruit juice
- Fruit juice concentrate
- Glucose
- Glucose solids
- Golden sugar
- Golden syrup
- Grape sugar
- HFCS (High-Fructose Corn Syrup)
- Honey
- Icing sugar
- Invert sugar
- Malt syrup
- Maltodextrin
- Mannose
- Maple syrup
- Molasses
- Muscovado
- Palm sugar
- Panocha
- Powdered sugar
- Raw sugar
- Refiner's syrup
- Rice syrup
- Saccharose
- Sorghum syrup
- Sucrose
- Sugar (granulated)
- Sweet sorghum
- Syrup
- Maltol
- Maltose



Sugar



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