

Less bad
for weight / blood sugar

Worse
for weight / blood sugar



Stevia drops **0?**



Stevia in the raw
(stevia + dextrose)
11*



Xylitol
15*



Erythritol **0?**



Stevia + erythritol
0?



Splenda
(sucralose + dextrose)
11*



Equal
(aspartame + dextrose)
11*



Sweet'n low
(saccharin + dextrose)
11*



Regular diet sodas
(aspartame, acesulfame K,
sucralose)
0?



Maltitol
60*



White sugar **100**



Brown sugar **100**



Maple syrup **100**



Fruit juice
concentrate
100 +



Coconut sugar **100**



Dates **100**



Soda: High fructose
corn syrup
100 +



Agave syrup
100 +



Honey
100 +