



Sugar Alcohols



What are Sugar Alcohols?

***Examples-** Sorbitol, Lactitol, Maltitol, Mannitol, Xylitol, Isomalt, HSH (hydrogenated starch hydrolysates) and others

-Common Sugar Alcohols- Sorbitol, Mannitol, and Xylitol

***Range in Sweetness-** Half as sweet as sugar to about as sweet as sugar

***Sweeteners-** bulking agents, occur naturally in fruits and berries



Who uses Sugar Alcohols and WHY?

***Diabetics, Weight Reduction, Low Carbohydrate Diet-**

-Slowly and completely absorbed by the small intestine into the blood

-Converted to energy that require little or no insulin

-Have 1/3 to 1/2 as many calories as sugar

-Does Not Promote Tooth Decay

-Does Not cause sudden increases in Blood Sugar

-Lower glycemic response than sucrose and other carbohydrates



What are the side effects:

***Diarrhea/Laxative-** if overconsumption

-gastric distress

***Sugar Alcohols-** can cause Carb Binges or Cravings for Carbs

How and Why are Sugar Alcohols Used in Foods?

***Sugar Free-** Candies, Syrups, Cookies, Gums, Soft Drinks, Throat Lozenges, Toothpaste, Mouthwash



How do I read the Food Label?

***Fat Calories-** should be less than 20-30% of the total calories

***Sodium-** try to use foods with less than 200 mg./serving

***Fiber-** 2 grams of more per serving



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