

Overview of Sweeteners (average estimated nutrition values)					
<i>Use mostly</i>	Stevia	Erythritol	Monk fruit powder		
Glycemic Index	0	0	0	The exact amount of net carbs varies for all products. Most products also contain other sweeteners such as inulin, so keep that in mind, as the nutrition values and net carbs vary for different products!	
Net Carbs / 100g	5	5	0 - 25		
Net Carbs in grams / serving	0 (few drops)	0.5 (tbsp)	0 (pinch)		
Kcal / 100g	20	20	0 - 100		
<i>Use in moderation</i>	Mannitol	Tagatose	Inulin-based sweeteners	Xylitol	Yacon syrup / powder
Glycemic Index	0	3	0	13	1
Net Carbs / 100g	37	37	25 - 37	60	40 / 62
Net Carbs in grams / serving	3.7 (tbsp)	3.7 (tbsp)	2.5 - 3.7 (tbsp)	6.2 (tbsp)	8 / 6.2 (tbsp)
Kcal / 100g	150	150	100 - 150	240	168 / 250
Other to be used in moderation: lucuma powder, freeze-dried berry powder, dark chocolate (75% and more)					
<i>Use sparingly</i>	Raw honey	Coconut palm sugar	Maple syrup	Date syrup	Blackstrap molasses
Glycemic Index	32 - 85	35	54	40 - 50	55
Net Carbs / 100g	82	92	67	64	61
Net Carbs in grams / serving	17.3 (tbsp)	11 (tbsp)	13.4 (tbsp)	13.4 (tbsp)	12.1 (tbsp)
Kcal / 100g	304	370	260	284	235
Other to be used sparingly: dried dates and figs, fresh fruit juices					
Avoid Completely: HFCS and sugar, agave syrup, artificial sweeteners (Splenda, Equal, aspartame, etc.)					