

Food (A-Z)	Keto Friendly?	Brand Names	Serving	Calories	Glycemic Index	Total Carbs	Fiber	Sugar Alcohols	Net Carbs	Sweetener Type
Acesulfame-K	Yes	Sunett®, Sweet One®	5g	0		0	0	0	0	Non-nutritive
Agave (liquid)	No		5g	15.5	10	3.82	0	0	3.82	Natural
Allulose	Yes		5g	2	0	5	0	0	0	Monosaccharide
Aspartame (liquid/pure)	Yes		5g	0	0	0	0	0	0	Non-nutritive
Aspartame (powder)	No	Equal®, NutraSweet®	5g	18.3		4.45	0	0	4.45	Non-nutritive
Coconut Sugar	No		5g	18.8	54	4.38	0	0	4.38	Natural
Dextrose (d-Glucose)	No		5g	20	100	5	0	0	5	Monosaccharide
Erythritol (powder/pure)	Yes		5g	1	0	5	0	5	0	Sugar Alcohol
Fructose	No		5g	20	20	5	0	0	5	Monosaccharide
Galactose	No		5g	20	20	5	0	0	5	Monosaccharide
Glucose	No		5g	20	100	5	0	0	5	Monosaccharide
Glycerol	Yes		5g	20	0	5	0	5	0	Sugar Alcohol
High Fructose Corn Syrup	No		5g	20	73	5	0	0	5	Saccharide Mix
Honey	No		5g	15.2	58	4.12	0	0	4.12	Natural
Isomalt	Yes		5g	10	9	5	0	5	0	Sugar Alcohol
Lactitol	Yes		5g	10	6	5	0	5	0	Sugar Alcohol
Lactose	No		5g	20	47	5	0	0	5	Disaccharide
Maltitol	No		5g	15	35	5	0	5	0	Sugar Alcohol
Maltodextrin	No		5g	20	110	5	0	0	5	Polysaccharide
Maltose	No		5g	20	105	5	0	0	5	Disaccharide
Mannitol	Yes		5g	8	0	5	0	5	0	Sugar Alcohol
Maple Syrup	No		5g	13	54	3.35	0	0	3.35	Natural
Monk Fruit	Yes		5g	0	0	0	0	0	0	Natural
Polydextrose	Yes		5g	5	0	5	5	0	0	Polysaccharide
Saccharin (liquid/pure)	Yes		5g	0.4	0	0.1	0	0	0.1	Non-nutritive
Saccharin (powder)	No	Sweet'N Low®, Sugar Twin®, Hermesetas®	5g	18		4.46	0	0	4.46	Non-nutritive
Sorbitol	Yes		5g	13	9	5	0	5	0	Sugar Alcohol
Stevia (liquid/pure)	Yes		5g	2.6	0	0.61	0	0	0.61	Non-nutritive
Stevia (powder)	Yes	Truvia®, Stevia in the Raw®	5g	0		5	0	0	0	Non-nutritive
Sucralose (liquid/pure)	Yes		5g	0	0	0	0	0	0	Non-nutritive
Sucralose (powder)	No	Splenda®	5g	16.8		4.56	0	0	4.56	Non-nutritive
Sucromalt	No		5g	20	~48	5	0	0	5	Saccharide Mix
Sucrose	No		5g	20	62	5	0	0	5	Disaccharide
Trehalose	No		5g	20	70	5	0	0	5	Disaccharide
Xylitol	Yes		5g	12	13	5	0	5	0	Sugar Alcohol

No Data