

UNDERSTANDING SUGAR ALCOHOLS

- Sugar alcohol is incompletely absorbed.
- Only half of the sugar in sugar alcohol will be absorbed and will affect blood sugar.

| Nutrition Facts - Lainie's Cookies | |
|---|----------------------|
| Serving Size 4 Cookies (34 g) | |
| Amount Per serving | |
| Calories 200 | Calories from Fat 80 |
| % Daily Value* | |
| Total Fat 9 g | 14% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Sodium 85mg | 4% |
| Total Carbohydrate 24g | 8% |
| Dietary Fiber 2g | 8% |
| Sugar Alcohol 6g | |
| Protein 2g | |
| Vitamin A 0% | Iron 10% |
| Not a significant source of trans fat, cholesterol, sugars, vitamin C, calcium. | |
| *Percent Daily Values are based on a 2000 calorie diet. Ingredients: None listed for this example. | |

Example: Calculating Sugar Alcohol

- Total carbohydrate per serving = 24 grams
- Total sugar alcohol = 6 grams
- Divide total sugar alcohol by 2. ($6 \div 2 = 3$) Thus one-half of the sugar in the sugar alcohol per serving is: 3 grams of carbohydrate

Total Carbohydrate per serving accounting for sugar alcohol is:

- 24 grams of carbohydrate - 3 grams of carbohydrate from sugar alcohol = 21 grams of carbohydrate