



Sugar Substitutes Cheat Sheet

	Sweetness	Source	Color	Dry Appearance	Suggested Use
Isomalt	45 - 65%	Sugar Alcohol	White	Coarse Spheres	Candies, Toffee, Lollipops, Fudge, Wafers, Cough Drops, Throat Lozenges
Dextrose	70%	Grapes	White	Powder	Fermentable Sugar in Brewing, General Sweetener
Glucose	74 - 80%	Corn	White	Fine Powder	Anti-crystallization
Glucose DE42	74 - 80%	Corn	White	Fine Powder	Anti-crystallization
Fructose	117%	Various Fruits	White	Fine Powder	General Sweetener
Lactose	20%	Dairy	White	Fine Crystalline	Non-Fermentable Sugar in Brewing
Manitol	90%	Sugar Alcohol	White	Fine Powder	Hard Candies, Chewing Gum, Chocolates, Baked goods, Ice Cream
Sorbitol	60%	Sugar Alcohol	White	Fine Powder	Sugar-Free Candies, Chewing Gums, Frozen Desserts, Baked Goods
Xylitol	90%	Sugar Alcohol	White	Crystalline	Hard Candies, Chewing Gum,
Allulose	70%	Sugar Alcohol	White	Fine Powder	Sugar-Free Candies, Low Glycemic Index

Related Links:

Blog - blog.ModernistPantry.com

Website - www.ModernistPantry.com

Video - [Sugar Substitutes](#)

Video - [Glucose DE42](#)

Video - [Isomalt](#)

Video - [Allulose](#)

Video - [Hard Candies](#)

Ask A Chef - [Sugar Glass - How To Use Isomalt](#)

Ask A Chef - [What Can Lactose Tolerate?](#)