

## UNDERSTANDING SUGAR ALCOHOLS

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

<b>Nutrition Facts - Lainie's Cookies</b>	
Serving Size 4 Cookies (34 g)	
Amount Per serving	
Calories 200	Calories from Fat 80
	<b>% Daily Value*</b>
<b>Total Fat</b> 9 g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Sodium</b> 85mg	4%
<b>Total Carbohydrate</b> 24g	8%
Dietary Fiber 2g	8%
<b>Sugar Alcohol</b> 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