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# Sugar alcohols

National Diabetes Information Clearinghouse (NDIC)

## Definitions

### Blood glucose

Defined by National Diabetes Information Clearinghouse (NDIC)

### Carbohydrate

Defined by National Diabetes Information Clearinghouse (NDIC)

### Calorie

Defined by National Diabetes Information Clearinghouse (NDIC)

### Gram

Defined by National Diabetes Information Clearinghouse (NDIC)

### Xylitol

Defined by National Diabetes Information Clearinghouse (NDIC)

## Source

National Diabetes Information Clearinghouse (U.S.). (2009). *The diabetes dictionary*. [Bethesda, Md.]: U.S. Dept. of Health and Human Services, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Information Clearinghouse.

Sweeteners that produce a smaller rise in **blood glucose** than other **carbohydrates**. Their **calorie** content is about 2 calories per **gram**. Includes erythritol, hydrogenated starch hydrolysates, isomalt, lactitol, maltitol, mannitol, **sorbitol**, and **xylitol**. Also known as polyols.