Sugar Alternatives At A Glance

Includes alternate names, commercial derivation, and sweetness intensity for 19 common sweeteners

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Sweetener Name	Common Alternate Names	Common Commercial Derivation	Sweetness Intensity Compared to Sucrose
Acesulfame Potassium	Ace-K, acesulfame-K, Sunett	An organic acid and potassium	200%
Advantame		Aspartame and vanillin	20,000%
Allulose		Naturally occurring in small doses in wheat, fruits such as figs, and other sweet foods such as molasses	70%
Aspartame	Equal, NutraSweet, Sugar Twin	Dipeptide composed of phenylalanine and aspartic acid	200%
Erythritol	Swerve, Zerose	Fermentation by yeast and yeast-like fungi	60 - 80%
Glycerol	Glycerin, glycerine	Intermediate in carbohydrate and lipid metabolism	60 - 75%
Isomalt		Hydrogenated form of isomaltulose	50%
Isomaltulose	Palatinose	Enzymatic isomerization of sucrose	50%
Mannitol	D-mannitol, mannite, mannitolum	From sugar solutions by electrolytic reductions or fermentation	50 - 70%
Monk fruit	Luo han guo, Monk Fruit In the Raw, PureLo, Swingle fruit	Water extraction of monk fruit	100 - 250%
Neotame	Newtame	Reaction between aspartame and 3,3- dimethylbutyraldehyde	7,000 - 13,000%
Saccharin	Necta Sweet, Sweet 'N Low, Sweet Twin	Oxidation of o-Toluenesulfonamide or phthalic anhydride	200 - 700%
Sorbitol	D-glucitol and D-sorbitol	Electrolytic reduction, or the transition metal catalytic hydrogenation of sugar solutions containing glucose or fructose	50 - 70%
Sorbitol syrup		Hydrolysis and subsequent hydrogenation of glucose syrups derived from corn, wheat, or potato starc	25 - 50%
Steviol glycosides	Truvia	Stevia leaves	200 - 450%
Sucralose	Splenda	Sucrose through a multi-step process	600%
Tagatose		Galactose which undergoes either enzyme reaction or a yeast reaction	92%
Thaumatin	Talin	Isolations from the West African katemfe fruit	2,000 - 3,000%
Xylitol	Birch sugar, wood sugar, meso-xylitol	Birch bark, corn cobs	100%