

Sweetener Comparisons version-7

Flavor Essence has none of these --Add Your Own Choice of Sweetener

Feature	Sweetness	Aftertaste	Taste	Overall Taste	Naturalness	Source	Primary Production	Processing	Marketing Descriptors	Marketing Confusion	Top 3 Uses	Digestion	Possible effects	Calories	Glycemic Index
Sugar	The Baseline	None	Sweet	Enhances flavors, adds depth	Natural	Plants	Plants (US: FL 54%, LA 42%, TX/HI 4%)	Minimal - extensive	Pure, natural, unrefined, golden, brown, granulated	"Organic" or "Raw" may not be less processed	Baked goods, desserts, beverages	Broken down	None	4 cal/gram 1 teaspoon = 4 grams	65
Corn Syrup	Less sweet than sugar (about 0.75)	None	Sweet	Neutral sweetness	Processed from corn starch	Corn	USA	Extensive (hydrolysis)	High fructose corn syrup, glucose syrup	Health concerns, High Fructose vs. regular	Processed foods, beverages, baking	Broken down (glucose)	Contributes to obesity, etc. (debated)	4 cal/gram 1 teaspoon = 6.8 grams	Light 75; High Fructose 87
Maple Syrup	Less sweet than sugar 0.60 to 0.70	None	Sweet, with caramel /maple flavor	Enhances flavors, adds complexity	Natural	Maple tree sap	Canada, USA	Boiling, evaporation, filtration	Pure, natural, Grade A, Grade B, etc.	"Maple-flavored" vs. real maple syrup	Pancakes, waffles, desserts, sweetener	Broken down (glucose, fructose)	None	4 cal/gram 1 teaspoon = 6.6 grams	@54
Honey	Sweeter than sugar (about 1.25x)	May linger, floral tones, can vary	Sweet, floral	Enhances flavors, adds complexity	Natural, unrefined is minimally processed	Nectar from flowers, collected and processed by bees	Imports 70% India, Argentina, Brazil	Minimal (raw) to extensive (filtered, pasteurized)	Raw, unfiltered, pure, natural, organic, varietal	"Raw" honey may still be strained; "organic" has specific standards	Sweetener, baked goods, beverages, medicinal purposes	Contains enzymes, may aid digestion for some individuals	Potential allergen, not safe for infants under 1 year old	3 cal/gram 1 teaspoon = 7.1 grams	50 to 60
Agave	Sweeter than sugar (about 1.5x)	None	Sweet, with mild honey-like flavor	Can have a slightly bitter aftertaste	Natural, but often highly processed	Agave plant	Mexico	Extraction, filtration, heating	Natural, vegan, low glycemic index (debated)	"Natural" doesn't always mean unprocessed	Sweetener, beverages, baking	Broken down (fructose)	May contribute to high fructose intake	4 cal/gram 1 teaspoon = 6.9 grams	10 TO 32
Stevia	200-400x sweeter	Varies, noticeable, may linger	Sweet, may have bitter or licorice aftertaste	May alter flavor profile, can be overpowering	Natural But Highly Processed	Plant	China	Extensive	Plant-based, no-calorie, natural, sugar-free, keto-friendly, non-GMO	"sugar-free", "no sugar added" is misleading. And "Natural", although highly processed	Tea/coffee, yogurt, protein powder	Gut bacteria	Nausea, bloating, etc.	0 cal/gram 1 teaspoon = 0.5 grams	0
Allulose	About 70% as sweet as sugar	None; described as clean and mild	Sweet, clean	Tastes very similar to sugar	naturally occurring, but not in production quantities	non-GMO corn converted through enzymatic processing	China	Extensive	Low-calorie, zero-net-carb, keto-friendly, 'natural' sugar substitute, plant-based	Occurs in scant amounts in nature, but unrelated to highly processed commercial sources	Baked goods, frozen desserts, beverages	Absorbed in the small intestine but not metabolized, then excreted mostly in urine	large amounts can cause gastro issues like bloating, gas, and diarrhea	0.4 cal/gram 1 teaspoon = 4 grams	0
Sucralose	600x sweeter	Varies, noticeable, may linger	Sweet, may have bitter or metallic aftertaste	Sweetness may lack complexity	Artificial	Sugar (processed)	China	Extensive	Zero-calorie, sugar-free, no artificial sweetener, Splenda brand	"Sugar-free" may still contain calories	Diet soda, chewing gum, tabletop sweetener	Not broken down	None	0 cal/gram 1 teaspoon = 0.5 grams	0
Aspartame	200x sweeter	Varies, noticeable, may linger	Sweet, may have bitter aftertaste	Similar to sugar, but can be less robust	Artificial	Amino acids	USA	Extensive	Sugar-free, no-calorie, great taste, Equal brand, no sugar added	"Diet" or "Light" may not be low-calorie	Diet soda, yogurt, sugar-free gelatin	Broken down	Headaches, etc.	4 cal/gram 1 teaspoon = 3.5 grams	0
Monk Fruit	100-250x	None to slightly licorice	Sweet, slightly fruity	Similar to sugar, but can be intensely sweet	Natural	Monk fruit	China, Vietnam, Thailand	Drying, extraction	Natural, zero-calorie	Halo effect of "natural"	Beverages, tabletop sweetener, desserts	Not metabolized by body	Generally safe	0 cal/gram 1 teaspoon = 0.5 grams	0
Xylitol	1x	None to slightly cool	Sweet	Similar to sugar	Natural (but often processed)	Plants (birch, corn cobs)	China, Indonesia, Finland	Extraction, purification	Sugar-free, natural	Potential digestive upset	Sugar-free foods, gum, oral care	Can cause gas/bloating in some	Generally safe in moderation	2.4 cal/gram 1 teaspoon = 4.0 grams	7
Erythritol	Less sweet than sugar (about 0.70)	Can have a slight cooling effect	Sweet, similar to sugar	Similar to sugar, but less intense	Natural (sugar alcohol)	Corn or other plant starches (fermented)	China	Fermentation, crystallization	Natural, zero-calorie, sugar-free	May cause digestive upset in some	Sugar substitute, baking, candy	Mostly not absorbed by the body	Gas, bloating, diarrhea (in some)	0.2 cal/g 1 teaspoon = 3.5 grams	0