

What sweeteners are “OK” for a ketogenic diet?

Best	Maybe	Never
Monk fruit	BochaSweet	White sugar
Stevia	xylitol	Brown sugar
erythritol	asparatame*	Maple syrup
	saccharin*	Coconut sugar
	sucralose*	Agave syrup
	Acesulfame K*	Honey
		Dates
		Corn syrup

* These chemicals can raise blood insulin. Manufacturers are not obliged to report carbohydrate counts less than 1.0g per serving. Brand names include Splenda, Stevia in the Raw, Equal, Sweet 'n Low. Studies have correlated sodas (sweetened with these chemical) with an increase in obesity.

Eenfeldt, A. (2021). Keto sweeteners – the best and the worst. Retrieved June 4, 2021, from <https://www.dietdoctor.com/low-carb/keto/sweeteners>