

Water Flavoring Options for Residents with Diabetes based on impact on blood sugar

<u>Ranking</u>	<u>Sweetener Content</u>	<u>Examples*</u>
Best	Sugar Alcohols: Stevia, Xylitol, Erythritol	Stur SweetLeaf Water Drops Hint Water LaCroix, Aha, Bubbly True Fruit Infusions Young Living Vitality Drops
Good	Sucralose	Market Pantry Liquid Water Enhancer Mio Diet Pop
Bad	Sugars or Starches: Maltodextrin, Sucrose, Fructose, Glucose, Dextrose	Fruit Juice Pop Crystal Light

*Examples are arranged in no specific order, with the exception of the “Best” category in which examples have been arranged according to price estimates. Products with lower prices have been listed first.

Glycemic Index and Sugar. (2017, November 23). Retrieved November 18, 2020, from <https://www.gisymbol.com/gi-sugar/>
 Saleem, M. (2018, June 11). Glycemic Index and Glycemic Load. Retrieved November 18, 2020, from <http://dietdatabase.com/glycemic-index-and-glycemic-load>