



Sugar Free Chocolate

Maltitol - a sugar substitute

This dark chocolate contains no added sugar. Its sweetness comes from the sugar substitute maltitol, rounded off with natural Bourbon vanilla. And its taste and mouthfeel come very close to the taste of our traditional chocolate.

What is Maltitol?

Maltitol is a sugar alcohol which are found naturally in some fruits and vegetables - so they are carbohydrates. Sugar alcohols are typically manufactured rather than being used in their natural form. They're sweet, but not quite as sweet as sugar, and have almost half the calories. When you're checking labels, be aware that maltitol may also be listed as sorbitol or xylitol. It's sometimes even listed just as sugar alcohol, since it falls under this category.

Benefits of Maltitol

Maltitol allows you to get a sweetness that is close to that of sugar, but with not as many calories - so it can help with weight loss. It also doesn't have the unpleasant aftertaste that other sugar substitutes tend to have. This can help you to stick to a lower calorie diet if you are trying to lose weight or manage diabetes. Another benefit is that maltitol, and other sugar alcohols, don't cause cavities or tooth decay like sugar and other sweeteners do.

Precautions

Maltitol is considered a safe alternative to sugar, but there are some precautions you should be aware of. Maltitol is found in many sugar-free products, but people with diabetes should remember that it's a carbohydrate so it still has a glycemic index. While not as high as sugar, it still has an effect on blood glucose. It's important to note that your body doesn't absorb as much sugar alcohol as sugar. So it can still be used as an effective alternative for people with diabetes. They just need to monitor their intake of it and read labels. After eating maltitol, some people experience stomach pains and gas. It also can act similarly to a laxative and cause diarrhea. The severity of these side effects depends on how much of it you eat and how your body reacts to it. There aren't any other major health concerns with using maltitol or other sugar alcohols.