

The “low carb” myth

“They don’t always list the entire sugar(carbohydrate) content,” claims (Larry) Sylvestro. **‘They say some types of sugars, such as glycerin or other sugar alcohols don’t significantly raise blood sugar, but they do.** Sugar alcohol has just a hair under the sugar reaction of glucose, but there’s very little difference. It acts like a sugar and it is a sugar, but they didn’t list it for a very long time. Now they have to list the sugar alcohol, so they will list zero sugar and 19 grams of sugar alcohol, so basically there’s 19 grams of sugar in it, but since it has a slightly lower glycemic index, when you take it in, it raises your blood sugar a little bit slower so your body produces a little less insulin, but it is just a hair under glucose in the amount of reaction time. It’s a cute marketing thing, but it’s still sugar. **They trick you.’”**

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