

A Sugar-Free Chocolate Reference Guide From *Diabetes Health*

Name	Calories per serving	Serving size	Total carbs per serving	Net effective carbs per serving *	Sugar alcohols per serving **	Fat per serving
Atkins Peanut Butter Cups	160	2 oz.	17 g	2 g	15 g Contains maltitol	13 g total fat (6 g saturated)
Atkins Endulge Caramel Nut Chew	140	1.23 oz.	17 g	2 g	15 g Contains maltitol	9 g total fat (4 g saturated)
Carbolite At Last! Truffle	100	1 oz.	15 g	1 g	9 g Contains maltitol, erythritol	8 g total fat (4.5 g saturated)
Carbolite Crispy Nutrition Bar	120	1.06 oz.	13 g	1.4 g	9 g Contains maltitol, lactitol	5 g total fat (3 g saturated)
Extend Bar Chocolate Delight	150	1.41 oz.	21 g	2 g	4 g Contains maltitol	3 g total fat (1.5 g saturated)
Fifty 50 Low Glycemic Chocolate Crunch Bar	140	1.1 oz.	16 g	4 g	12 g Contains Isomalt	11 g total fat (7 g saturated fat)
Hershey's Sugar-Free Chocolate	170	1.9 oz.	24 g	1 g	21 g Contains lactitol	13 g total fat (8 g saturated)
Nestle's Sugar-Free Turtles	160	1.3 oz.	18 g	3 g	15 g	11 g total fat (5 g saturated)
Reese's Peanut Butter Cups, Sugar-Free	170	1.65 oz.	23 g	3 g	19 g Contains lactitol	12 g total fat (6 g saturated)
Russell Stover Sugar-Free Caramel Drops	160	3.5 oz.	27 g	0 g	24 g	10 g total fat (5 g saturated)
Whitman's Sugar-Free Assorted Chocolate Miniatures	200	3.5 oz.	21 g	1 g	18 g	14 g total fat (9 g saturated)

* "Net effective carbs" is a manufacturers' term for carbohydrates that raise blood glucose levels. In general, you can calculate net carbs by subtracting the grams of sugar alcohols and fiber from the grams of total carbohydrate.

**According to the American Diabetes Association's Technical Review Paper, sorbitol, mannitol, xylitol, isomalt, maltitol and lactitol are classified as sugar alcohols.