



Relative Sweetness Values for Various Sweeteners

The following represent the sweetness as compared to sucrose which has a relative sweetness value of 100%.

Sweetener	Relative Sweetness Factor		Sweetener	Relative Sweetness Factor
Dextrose (Glucose)	74		25 DE Corn Syrup Solids	28
Fructose	110		20 DE Corn Syrup Solids	23
Galactose	60		43% Maltose Corn Syrup	40-50
Lactose (Main sugar in milk)	16		65% Maltose Corn Syrup	50-60
Hydrolyzed Lactose	65		42% High Fructose Corn Syrup (HFCS)	90.5-100.5
Invert Sugar	70-90		55% High Fructose Corn Syrup (HFCS)	100.5 - 110.5
Maltose	50		18 DE Maltodextrin	21
Sucrose (Sugar)	100		15 DE Maltodextrin	17
Xylose	70		10 DE Maltodextrin	11
Glycerol	80		5 DE Maltodextrin	6
Sorbitol	60		Acesulfame K	20,000
36 DE Corn Syrup	30-40		Aspartame	18,000
43 DE Corn Syrup	30-40		Xylitol	100
36 DE Corn Syrup Solids	42			
42 DE Corn Syrup Solids	48			

Example: if a mix contained 6% of 36 DE Corn Syrup and 10% sugar, the relative sweetness will be:

$$\text{Corn Syrup } 6 \times 35 = 210$$

$$\text{Sugar } 10 \times 100 = 1000$$

$$210 + 1000 = 1210$$

$$\text{Relative Sweetness} = 1210/100 = 12.10$$