



# LOW CARB SWEETENER CONVERSION CHART

	SUGAR					
	1 tsp	1 tbsp	1/4 cup	1/3 cup	1/2 cup	1 cup
<b>Allulose</b>						
Sensato Allulose	1 1/3 tsp	4 tsp	5 1/3 tbsp	7 tbsp	11 tbsp	1 1/3 cups
<b>Chicory Root</b>						
Just Like Sugar Table Top	1 tsp	1 tbsp	1/4 cup	1/3 cup	1/2 cup	1 cup
<b>Erythritol</b>						
Now Erythritol	1 tsp	4 tsp	1/3 cup	7 1/3 tbsp	2/3 cup	1 1/3 cups
Swerve Granular	1 tsp	1 tbsp	1/4 cup	1/3 cup	1/2 cup	1 cup
Swerve Powdered	1 tsp	1 tbsp	1/4 cup	1/3 cup	1/2 cup	1 cup
<b>Liquid Splenda</b>						
EZSweetz	n/a	1 drop	6 drops	9 drops	12 drops	1/4 tsp
<b>Monk Fruit (Lo Han)</b>						
Pure Monk	n/a	n/a	1/6 tsp	1/4 tsp	1/3 tsp	2/3 tsp
Swanson Purelo Lo Han	n/a	1/4 tsp	3/4 tsp	1 tsp	1 1/2 tsp	3 tsp
Lakanto Monkfruit (with Erythritol)	1 tsp	1 tbsp	1/4 cup	1/3 cup	1/2 cup	1 cup
<b>Stevia</b>						
NuNaturals NuStevia Stevia Extract	n/a	n/a	3/16 tsp	1/4 tsp	3/8 tsp	3/4 tsp
NuNaturals NuStevia Liquid Stevia	1/8 tsp	3/8 tsp	1 1/2 tsp	2 tsp	3 tsp	2 tbsp
Sweet Leaf Liquid Stevia Drops	n/a	1/8 tsp	1/2 tsp	2/3 tsp	1 tsp	2 tsp
<b>Stevia + Erythritol</b>						
Natural Mate All-Purpose Blend	3/8 tsp	1 1/8 tsp	4 1/2 tsp	2 tbsp	3 tbsp	6 tbsp
Pyure All-Purpose Blend	1/2 tsp	1 1/2 tsp	2 tbsp	2 2/3 tbsp	1/4 cup	1/2 cup
Sukrin: 1	1 tsp	1 tbsp	1/4 cup	1/3 cup	1/2 cup	1 cup
Truvia Spoonable	1/2 tsp	1 1/2 tsp	5 tsp	2 1/3 tbsp	3 1/2 tbsp	7 tbsp
Truvia Packets (packet = pkt)	1/2 pkt	1 1/2 pkts	6 pkts	8 pkts	12 pkts	24 pkts
<b>Xylitol</b>						
Now Xylitol	1 tsp	1 tbsp	1/4 cup	1/3 cup	1/2 cup	1 cup

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