



Sweetness Conversion Chart

Sugar does more to food than just sweeten it, which is why you can't substitute Truvia™ natural sweetener in the same amount as the regular sugar used in recipes. This conversion chart will help you get the best taste results.

Sugar	Truvia™ Natural Sweetener		
1 tsp	3/8 tsp	1/2 packet	1.75 g
2 tsp	3/4 tsp	1 packet	3.5 g
1 tbsp	1 1/4 tsp	1 1/2 packets	5.25 g
1/4 cup	1 tbsp + 2 tsp	6 packets	21 g
1/3 cup	2 tbsp + 1/2 tsp	8 packets	28 g
1/2 cup	3 tbsp + 3/4 tsp	12 packets	42 g
1 cup	1/3 c + 1 tbsp	24 packets	84 g

