

## Sugar Substitute Conversion Chart

<b>CONVERT SUGAR, BROWN SUGAR, and POWDERED</b>	<b>1 tsp</b>	<b>2 tsp</b>	<b>1 tbsp</b>	<b>¼ cup</b>	<b>⅓ cup</b>	<b>½ cup</b>	<b>1 cup</b>
<b>GRANULAR SUGAR SUBSTITUTES</b>							
Allulose	1½ tsp	2⅔ tsp	1 tbsp + 1 tsp	5 tbsp + 1 tsp	¼ cup + 3 tbs	¾ cup + 1 tbsp	1⅓ cups
Bocha Sweet	1 tsp	2 tsp	1 tbsp	¼ cup	⅓ cup	½ cup	1 cup
Erythritol	1 tsp	2 tsp	1 tbsp	¼ cup	⅓ cup	½ cup	1 cup
Lakanto Classic White	1 tsp	2 tsp	1 tbsp	¼ cup	⅓ cup	½ cup	1 cup
Monk Fruit, 100% Pure	¼ tsp	½ tsp	¾ - 1 tsp	¼ - ⅓ cup	⅓ - ½ cup	½ - ¾ cup	¾ - 1 cup
Sucralose (as in Splenda)	1 tsp	2 tsp	1 tbsp	¼ cup	⅓ cup	½ cup	1 cup
Xylitol	1 tsp	2 tsp	1 tbsp	¼ cup	⅓ cup	½ cup	1 cup
<b>POWDERED SUGAR SUBSTITUTES</b>							
Lakanto Powdered 1:1	1 tsp	2 tsp	1 tbsp	¼ cup	⅓ cup	½ cup	1 cup
Lakanto Powdered 2:1	½ tsp	1 tsp	1½ tsp	⅓ cup	⅓ cup	¼ cup	½ cup
Swerve Powdered	1 tsp	2 tsp	1 tbsp	¼ cup	⅓ cup	½ cup	1 cup
<b>BROWN SUGAR SUBSTITUTES</b>							
Lakanto Golden	1 tsp	2 tsp	1 tbsp	¼ cup	⅓ cup	½ cup	1 cup
Swerve Brown	1 tsp	2 tsp	1 tbsp	¼ cup	⅓ cup	½ cup	1 cup
<b>LIQUID SUGAR SUBSTITUTES</b>							
Lakanto Monkfruit Extract		1/64 tsp			⅓ tsp	⅔ tsp	¾ tsp
SweetLeaf Stevia Extract				1/16 tsp		⅓ tsp	¾ tsp