

## Stevia and Sweetener Conversion

([http://www.cookingwithstevia.com/stevia\\_conversion\\_chart.html](http://www.cookingwithstevia.com/stevia_conversion_chart.html))

In general terms, most packet sweeteners are equal to each other or to two teaspoons of sugar. Read the box to verify.

### Packet to Packet Conversions

Sugar	Stevia Blends	Aspartame (Equal)	Saccharin (Sweet-n-Low)	Acesulfame K (Sweet One)	Sucralose (Splenda)
1 packet	1 packet	1 packet	1 packet	1 packet	1 packet

### Bulk Conversions

Sugar	Granulated Artificial Sweeteners	Stevia Blends (Packets)	Stevia Blends (Bulk)	Clear Stevia Liquid	Pure Steviosides
2 tsp.	2 tsp.	1 packet	1/2 tsp.	1/4 tsp.	1/16 tsp.
1/4 cup	1/4 cup	6 packets	3 tsp.	1/2 tsp.	3/8 tsp.
1/3 cup	1/3 cup	8 packets	4 tsp.	3/4 tsp.	1/2 tsp.
1/2 cup	1/2 cup	12 packets	6 tsp.	1 1/4 tsp.	3/4 tsp.
3/4 cup	3/4 cup	18 packets	9 tsp.	1 3/4 tsp.	1 tsp.
1 cup	1 cup	24 packets	12 tsp.	2 1/2 tsp.	1 1/2 tsp.
2 cups	2 cups	48 packets	24 tsp.	5 1/4 tsp.	3 tsp.

**Note:** This chart compares 4 types of packaged stevia (stevia blends in packets and in some other form such as a jar or shaker) with artificial sweeteners that have been bulked up to equal sugar volume for volume.

**Note 2:** To avoid a bitter taste: Although stevia sweetening strengths vary from one brand to another, when you use a brand high in steviosides, you can achieve a sweeter taste without bitterness. This chart is based on using an extract with over 90% steviosides and a minimum of 30% rebaudioside A.

Consequently, when using a pure stevioside with less than the stated requirements, reduce the amount of stevia listed on the chart above by about 30% - the final product will not be as sweet, but you'll avoid the bitter taste.