

CONVERSION CHART

SUGAR

TRUVIA® STEVIA
SWEETENER JAR

TRUVIA® BROWN
SWEETENER JAR



1 TEASPOON

$\frac{1}{2}$ TEASPOON

$\frac{1}{2}$ TEASPOON



2 TEASPOONS

$\frac{3}{4}$ TEASPOON

1 TEASPOON



1 TABLESPOON

$1\frac{1}{4}$ TEASPOONS

$1\frac{1}{2}$ TEASPOONS



$\frac{1}{4}$ CUP

1 TABLESPOON + 2 TEASPOONS

2 TABLESPOONS



$\frac{1}{3}$ CUP

2 TABLESPOONS + 1 TEASPOON

2 TABLESPOONS + 1 TEASPOON



$\frac{1}{2}$ CUP

$3\frac{1}{2}$ TABLESPOONS

$\frac{1}{4}$ CUP



1 CUP

$\frac{1}{3}$ CUP + $1\frac{1}{2}$ TABLESPOONS

$\frac{1}{2}$ CUP