

# CONVERSION CHART

## SUGAR

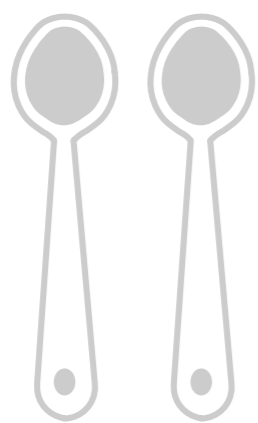
## TRUVIA® STEVIA OR MONK FRUIT SWEETENER PACKETS



1 TEASPOON

$\frac{1}{2}$

PACKET



2 TEASPOONS

1

PACKET



1 TABLESPOON

$1\frac{1}{2}$

PACKETS



$\frac{1}{4}$  CUP

6

PACKETS



$\frac{1}{3}$  CUP

8

PACKETS



$\frac{1}{2}$  CUP

12

PACKETS



1 CUP

24

PACKETS