

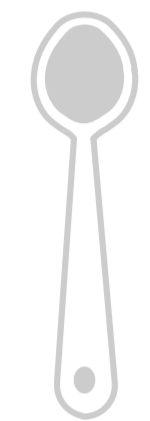
CONVERSION CHART

SUGAR

TRUVIA® CANE SUGAR BLEND

TRUVIA® ALLULOSE SWEETENER**

TRUVIA® STEVIA SWEETENER VALUE BAG



1 TEASPOON

$\frac{1}{2}$

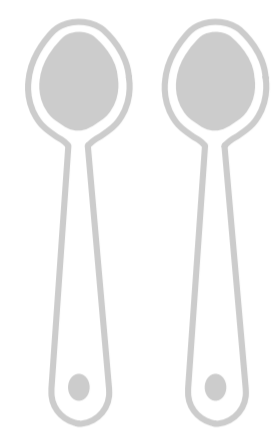
TEASPOON

$\frac{1}{2}$

TABLESPOON

$\frac{1}{2}$

TEASPOON



2 TEASPOONS

1

TEASPOON

1

TABLESPOON

$\frac{3}{4}$

TEASPOON



1 TABLESPOON

$1\frac{1}{2}$

TEASPOONS

$1\frac{1}{2}$

TABLESPOONS

$1\frac{1}{4}$

TEASPOONS



$\frac{1}{4}$ CUP

2

TABLESPOONS

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

$\frac{1}{2}$ TEASPOON

1

TABLESPOON +

2

TEASPOONS



$\frac{1}{3}$ CUP

2

TABLESPOONS +

2

TEASPOONS

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

2

TEASPOONS

2

TABLESPOONS +

1

TEASPOON



$\frac{1}{2}$ CUP

$\frac{1}{4}$

CUP

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

2

TEASPOONS

$3\frac{1}{2}$

TABLESPOONS



1 CUP

$\frac{1}{2}$

CUP

$1\frac{1}{3}$

CUPS

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

$1\frac{1}{2}$

TABLESPOONS

* Truvia® Sweet Complete Sweeteners measure cup-for-cup like sugar with zero calories per serving. No conversion or calculators required.

**When baking, approximately $1\frac{1}{3}$ cups of Truvia® Allulose Sweetener sweetens like 1 cup of sugar.