

CONVERSION CHART

SUGAR

TRUVIA® STEVIA
SWEETENER JAR

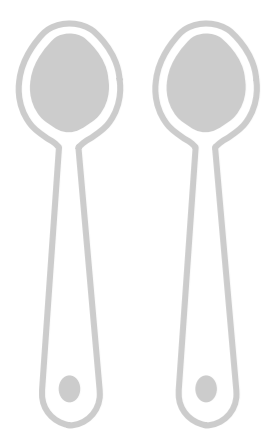
TRUVIA® BROWN
SWEETENER JAR



1 TEASPOON

$\frac{1}{2}$ TEASPOON

$\frac{1}{2}$ TEASPOON



2 TEASPOON

$\frac{3}{4}$ TEASPOON

1 TEASPOON



1 TABLEPOON

$1\frac{1}{4}$ TABLESPOONS

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



$\frac{1}{4}$ CUP

1 TABLESPOON + 2 TEASPOONS

2 TABLESPOONS



$\frac{1}{3}$ CUP

2 TABLESPOON + 2 TEASPOONS

2 TABLESPOON + 2 TEASPOONS



$\frac{1}{2}$ 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

* Truvia Monk Fruit Sweetener Jar is a 1:1 conversion which means 1 tsp of Truvia Monk Fruit Sweetener Jar has the same amount of sweetness as 1 tsp of sugar.