





Sweetener Conversion Chart

Sweetness conversions are approximate. Measurements are in US cups. T=TBS=Tbs=Tablespoon; t=tsp=teaspoon

Sugar	 THM Pure Stevia	 THM Sweet Blend	Other Brands of Stevia Extract Powder	Truvia or Homemade Truvia**	Packets of Truvia or stevia	Erythritol Xylitol or Just Like Sugar	Liquid Stevia***
1 tsp.	1/3 doonk*	1/3 tsp	1/64 tsp	3/8 tsp	1/2 packet	1 tsp.	1/8 tsp
2 tsp.	2/3 doonk	2/3 tsp	1/32 tsp	3/4 tsp	1 packet	2 tsp.	1/4 tsp
1 Tbs (3 tsp)	1 doonk	1 tsp	3/64 tsp	1 1/4 tsp	1 1/2 packets	3 tsp (1 Tbs)	3/4 tsp
1/4 c.	4 doonks (1/8 tsp)	4 tsp	3/16 tsp	6 tsp	6 packets	1/4 c.	1 1/2 tsp
1/3 c.	6 doonks	6 tsp (2T)	1/4 tsp	7 tsp (2T+1t)	8 packets	1/3 c	2 tsp
1/2 c.	8 doonks (1/4 tsp)	8 tsp (2T+2t)	3/8 tsp	10 1/2 tsp (3 1/2 Tbs)	12 packets	1/2 c.	3 tsp
1 c.	16 doonks (1/2 tsp)	16 tsp (1/3 cup)	3/4 tsp	21 tsp (1/3 c + 1 1/2 T)	24 packets	1 c.	6 tsp

Notes:

THM Pure Stevia and Sweet Blend are made from a super pure organic & more intensely sweet stevia than other brands on the market so you will use less in recipes, and ounce for ounce it will last longer!

Homemade Sweet Blend Recipe

simply blend:

- 1 cup THM GMO-free Erythritol
- 1 tsp THM organic Pure Stevia

*The "doonk" is the tiny spoon that comes with the THM stevia. One level doonk = 1/32 tsp.

**Homemade Truvia- 1/2 tsp stevia blended with 1 cup Xylitol or Erythritol

***Liquid stevia amounts may vary from brand to brand a bit.

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