

# Sweetener Equivalency & Usage Chart



Sweetener	Ideal Use	Sweetness vs Table Sugar (by equivalent volume)	Calories per tsp	Glycemic Index	Glycemic Impact	Equivalency				Key Features
						1 tsp	1 tbsp	½ cup	1 cup	
<b>Table (white) Sugar</b>	<b>Cooking/Baking, Beverages</b>	<b>N/A</b>	<b>15</b>	<b>65</b>	<b>Medium</b>	<b>1 tsp</b>	<b>1 tbsp</b>	<b>½ cup</b>	<b>1 cup</b>	<b>Refined</b>
Stevia Instant Tablets	Hot and Cold Beverages	30 times	0	0	None	1 tablet (148 mg)	3 tablets	24 tablets	48 tablets	On-the-go convenience
Stevia Liquid Extract (unflavoured)	Hot and Cold Beverages	38 times	0	0	None	4 drops (0.13 mL)	12 drops	4 tsp	2½ tbsps	Variety of different flavours available
Stevia Packets	Hot and Cold Beverages	5 times	0	0	None	1 packet	3 packets	25 packets	50 packets	Convenient / Controlled serving
Stevia Powder	Cooking/Baking, Beverages	25 times	0	0	None	-	⅓ tsp	1 tsp	2 tsps	Organic or Regular / Small amount needed
Date Sugar Powder	Cooking/Baking, cereal/ yogurt/fruit topping	Same	15	103	High	1 tsp	1 tbsp	½ cup	1 cup	Raw & Unprocessed
Demerara Sugar Powder	Cooking/Baking, cereal/ yogurt/fruit topping	Same	15	65	Medium	1 tsp	1 tbsp	½ cup	1 cup	Unique Caramel taste
Dextrose Powder	Workout shakes	0.75 times	15	100	High	1 ⅓ tsp	1 ⅓ tbsp	⅔ cup	1 ⅓ cup	Ideal for sports enthusiasts
Erythritol Powder	Cooking/Baking, Beverages	0.65 times	0	0	None	1 ⅓ tsp	1 ⅓ tbsp	⅔ cup	1 ⅓ cup	No Glycemic Impact / Safe on tooth enamel
Fructose Powder	Cooking/Baking, Beverages	1.5 times	15	19	Low	⅔ tsp	⅔ tbsp	⅓ cup	⅔ cup	Does not re-crystallize when baking, yields soft, chewy foods/baking
Honey (liquid)	Cooking, Beverages	Approx. Same	20	55	Medium	1 tsp	1 tbsp	½ cup	⅔ cup	Trace Nutrients
Lactose Powder	Cooking/Baking	0.25 times	15	46	Low	4 tsp	4 tbsp	2 cups	4 cups	Low sweetness profile / Softens texture of baked goods
Maple Syrup	Cooking/Baking	0.5 times	15	54	Low	2 tsp	2 tbsp	1 cup	2 cups	Unique flavour, trace nutrients
Organic Sucanat (Cane Juice Powder)	Cooking/Baking, Beverages	Same	15	65	Medium	1 tsp	1 tbsp	½ cup	1 cup	Organic 1:1 substitute
Sweet Substitute (Natural Sweetener Blend)	Cooking/Baking, Beverages	Same	5	0	None	1 tsp	1 tbsp	½ cup	1 cup	Same texture and taste as sugar, 1:1 substitute
Xylitol Plus (Xylitol/Stevia) Packets	Hot and Cold Beverages	Same	5	4	Low	1 tsp	1 tbsp	½ cup	1 cup	Less calories than sugar & pure Xylitol / Safe on tooth enamel
Xylitol Powder	Cooking/Baking, Beverages	Same	10	7	Low	1 tsp	1 tbsp	½ cup	1 cup	Tastes like sugar / Safe on tooth enamel
Xylitol Pure Packets	Hot and Cold Beverages	Same	10	7	Low	1 tsp	1 tbsp	½ cup	1 cup	On-the-go convenience / Safe on tooth enamel