

SPLENDA CONVERSION CHART

GRANULAR	PACKETS *	TRISHZ'S	SWEETZFREE	FIBERFIT
1 CUP - 24 carbs **	24	1 1/2 TEASPOONS	1/4 TEASPOON OR 25 DROPS	2 TABLESPOONS
3/4 CUP - 18 carbs	18	1 TEASPOON PLUS 1/8 TEASPOON	18-19 DROPS	4 1/2 TEASPOONS
1/2 CUP - 12 carbs	12	3/4 TEASPOON	1/8 TEASPOON OR 12 DROPS	3 TEASPOONS
1/4 CUP - 6 carbs	6	1/4 TEASPOON PLUS 1/8 TEASPOON (I USE A SCANT 1/2 TEASPOON)	6 DROPS	1 1/2 TEASPOONS
2/3 CUP - 16 carbs	16	1 TEASPOON	16 DROPS	4 TEASPOONS
1/3 CUP - 8 carbs	8	1/2 TEASPOON	8 DROPS	2 TEASPOONS
2 TABLESPOONS - 3 carbs	3	1/8 TEASPOON PLUS 16 DROPS (I USE SCANT 1/4 TEASPOON)	3 DROPS	1/4 TEASPOON PLUS 1/8 TEASPOON
1 TABLESPOON - 1.5 carbs	1.5	12 DROPS (I USE SCANT 1/8 TEASPOON)	LESS THAN 2 DROPS	1/4 TEASPOON
2 TEASPOONS - 1 carb	1	8 DROPS	1 DROP	1/8 TEASPOON
1 TEASPOON - .5 carb	N/A	4 DROPS	USE GRANULAR	1/16 TEASPOON
1/2 TEASPOON - .25 carb	N/A	2 DROPS	USE GRANULAR	USE GRANULAR
1/4 TEASPOON - trace carb	N/A	1 DROP	USE GRANULAR	USE GRANULAR

* Note that there is one carb per packet of granular Splenda

** 1 cup granular equals the sweetness of 1 cup sugar