



## Sugar/ Sweetener Conversion Chart

Sugar is NEVER used in the Ketogenic diet, it has been added to this chart as a guide for conversion.

Sugar	1 Cup	½ Cup	⅓ Cup	¼ Cup	1 Tbsp
Allulose	1 ⅓ Cup	½ Cup + 3 Tsp	7 Tbsp	5 Tbsp + 1 Tsp	1 Tbsp + 1 Tsp
Erythritol	1 ⅓ Cup	⅔ Cup	⅓ Cup + 2 Tbsp	⅓ Cup	1 Tbsp + 1 Tsp
Monkfruit -Brand- Lakanto	1 Cup	½ Cup	⅓ Cup	¼ Cup	1 Tbsp
MonkSweet Plus	½ Cup	¼ Cup	2 Tbsp + 2 Tsp	2 Tbsp	1 ½ Tsp
Stevia Liquid - Brand- Sweet Leaf Sweet Drops	2 Tsp	1 Tsp	2/3 Tsp	½ Tsp	⅓ Tsp
Stevia Liquid -Brand- NuNaturals NuStevia	2 Tbsp	3 Tsp	2 Tsp	1 ½ Tsp	⅔ Tsp
Swerve	1 Cup	½ Cup	⅓ Cup	¼ Cup	1 Tbsp
THM Gentle Sweet	6 Tbsp	3 Tbsp + 1 Tsp	2 Tbsp	1 Tbsp + 1 Tsp	1 Tsp
THM Sweet Blend	3 Tbsp	1 Tbsp + 2 Tsp	1 Tbsp	2 Tsp	½ Tsp
Truvia	⅓ Cup + 1 ½ Tbsp	3 ½ Tbsp	2 Tbsp + 1 Tsp	1 Tbsp + 2 Tsp	1 ¼ Tsp

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