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GUIDE TO SUGAR SUBSTITUTES

From Vegetarian Times

<u>Sweetener</u>	<u>Good For</u>	<u>Sugar Equivalent</u>
Aspartame	drinks, cereals, yogurt	1 tsp = 2 tsp sugar
Saccharin	cooking, baking, fruit preserving	1 tsp = 2 tsp sugar
Splenda No-Calorie Granulated Sweetener	drinks, cereals, yogurt cooking and baking, may alter texture or require a special recipe	1 cup = 1 cup sugar
Splenda Sugar Blend For baking	baked goods, ice creams sorbets	½ cup = 1 cup sugar
Stevia	drinks, cereal, yogurt baked goods with strong flavors such as lemon, orange, chocolate, coffee or cranberry that mask the bitter taste.	1/8 tsp = 2 Tbsp sugar 1-2 tsp stevia + ¼ cup sugar = 1 cup sugar (Stevia's molecular makeup requires some sugar added for baking)
Xylitol	drinks, sauces, hot cereals, yogurt	1 cup = 1 cup sugar