

Equivalent Sugar Substitutes Measurements:

A. Diabetisweet:

Granulated Sugar

¼ Cup

1 Cup

Sugar Substitute

3 Packets or 1 teaspoon

12 Packets or 2 Tablespoons

B. Sugar Twin:

Granulated Sugar

¼ Cup

½ Cup

Sugar Substitute

6 Packets or ¼ cup Sugar "Twin Spoonable"

12 Packets or ½ cup Sugar "Twin Spoonable"

C. Equal:

Granulated Sugar

¼ Cup

1 Cup

Sugar Substitute

6 Packets or 1 ¾ teaspoons

24 Packets or 7 ¾ teaspoons

D. Granulated Fructose:

Granulated Sugar

1 Tablespoon

3 Tablespoons

½ Cup

1 Cup

2 Cups

3 Cups

Granulated Fructose Sugar Substitute

2 Teaspoons

¼ Cup

5 Tablespoons

2/3 Cups

1 1/3 Cups

2 Cups