



trim healthy
mama™

Sweetener Conversion Chart

Sweetness conversions are approximate.
Measurements are in U.S. cups. TBSP = tablespoon / tsp = teaspoon

THM Erythritol & THM Xylitol: Measures cup for cup like sugar.

THM Super Sweet Blend: Four to five times as sweet as sugar and a more economical choice over other stevia blends.

THM Gentle Sweet: A sugar like sweetness that is 1/3 as sweet as THM Super Sweet Blend.

THM Pure Stevia Extract Powder: Concentrated, pure sweetness - great for using in your THM sippers and other drinks.

Sugar, THM Erythritol & THM Xylitol	THM Super Sweet Blend	THM Gentle Sweet Most Other Stevia Blends	THM Pure Stevia Extract Powder (1 doonk = 1/32 tsp)
1.5 rounded TBSP	1 tsp	1 TBSP	1 rounded doonk
3 rounded TBSP	2 tsp	2 TBSP	2 rounded doonks
1/3 cup	1 TBSP	3 TBSP	scant 1/8 tsp
1/2 cup	1.5 TBSP	1/4 cup + 1 TBSP	rounded 1/8 tsp
1 cup	3 TBSP	1/2 cup + 1 TBSP	rounded 1/4 tsp

Homemade Super Sweet Blend Recipe: 1 cup THM Erythritol + 1 rounded tsp THM Pure Stevia Extract Powder

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