

## Stevia Conversion Chart

This is an approximation of conversion rates between different types of stevia. Various brands of stevia blends (ones that include inulin or other sweeteners like xylitol) may have different conversion rates, so see manufacturer's suggestions for conversions.

Ground whole leaf stevia has a grassy, "green" flavor which doesn't disappear as easily in baked goods.

Always add less stevia and add more gradually, tasting as you go - too much stevia has an overpowering flavor.

SWEETENER	NOTES	QUANTITIES				
<b>Cane Sugar</b>	if using cane sugar as a sweetener, use organic	1 tsp	2 tsp	1 Tbsp	1 cup	2 cups
<b>SteviaPlus® Packets</b>	widely available stevia by SweetLeaf®	1/2 packet	1 packet	1 -2 packets	18-24 packets	36-48 packets
<b>SteviaPlus® Powder</b>	widely available stevia by SweetLeaf®	1/8 tsp	1/4 tsp	3/4 tsp	1 1/2-2 Tbsp	3-4 Tbsp
<b>Stevia Liquid</b>	SweetLeaf or NuNaturals® plain and flavored liquid stevia and most other brands of regular non-concentrate liquid stevia	2-3 drops	4-6 drops	6-9 drops	1 tsp	2 tsp
<b>Stevia Concentrate Liquid</b>	Body Ecology® and SweetLeaf® whole leaf concentrate	4-6 drops	8-12 drops	1/8 tsp	1 Tbsp	2 Tbsp
<b>Stevia Extract Powder</b>	pure stevia extract with no other additives/filler, white powder	pinch	pinch	pinch	1/3-1/2 tsp	2/3-1 tsp
<b>Ground Whole Leaf Stevia</b>	pure ground whole leaf stevia, green powder - has a very grassy flavor that can be quite bitter	1/8 tsp	1/4 tsp	3/8 tsp	2 Tbsp	1/4 cup

Source:

<http://www.affairsofliving.com>