

Many of you may be asking "Just how the heck do I use this stuff" or "How sweet is stevia compared to sugar?" Here is your answer:

Basic Conversions

1 Cup = 16 tbsp. = 48 tsp. 1 Ounce = 28.349 g = 28,349.5 mg
 1 tbsp. = 3 tsp. 1 g = 1,000 mg

Stevia Conversions:

Sugar to Stevia Blends (in packets) to Artificial Sweeteners (in packets)

	Sugar	Now	NuNaturals (stevia blend)	Stevita Stevia	Equal (Aspartame)	Sweet & Low (saccharin)	SweetOne (Acesulfame-K)
Volume	2 tsp.	1/2 tsp (1 packet)	1/2 tsp	1/2 tsp (1 packet)	1/2 tsp (1 packet)	1/2 tsp (1 packet)	1/2 tsp (1 packet)
Weight	8 g	1 g	1 g	1 g	1 g	1 g	1 g

Stevia Conversions:

Sugar to Stevia Extracts

	Sugar	Stevia Blends	Liquid	Steviosides*
Volume	2 tsp.	1/2 tsp.	1/3 tsp.	1/16 tsp.
Weight	8 g	1 g	1.3 g	.08 g
Volume	4 tsp.	1 tsp.	2/3 tsp.	1/8 tsp.
Weight	16 g	2g	2.6 g	.16 g
Volume	32 tsp.	8 tsp.	5 1/3 tsp.	1 tsp.
Weight	128 g	16 g	20.8 g	.64 g

This conversion chart is based on dissolving the given sweetener into 8 ounces of warm water and a lot of tasting. Try this test at home so that you can begin to understand how Stevia sweetens foods and drinks. It also allows you a wonderful opportunity to taste the flavor of Stevia unadulterated by other flavors. When you have finished your own taste tests, you can then alter the conversion chart as needed to meet your personal sweetness level. I will expand this chart as I pickup

different brands and types of stevia to experiment with. If you have a favorite brand that I do not have listed here, please [e-mail me!](#)

*NOTE: It is very difficult to equate other brands of Steviosides into this conversion simply because each brand will vary greatly in quality and taste. Each company has their own source for Steviosides that range from Paraguay, Brazil to China to even India and the Ukraine. Each country or region will produce stevia plants of differing quality and then these companies will produce Steviosides from the plants of differing quality due to differences in technology. To exacerbate the problem even more, everyone has their own personal level of what they consider sweet. Now I'm not trying to frighten anyone because the benefits are worth a little experimentation. Please remember that the use of Steviosides in the United States is in its infancy and so we still have a lot of trial and error ahead of us. I have also found that sugar can vary greatly depending on manufacturer and quality. I remember drinking some rather tart orange juice in Brazil and tried to sweeten it with the local sugar. I never did achieve my desired sweetness with the local sugar. Rather strange considering Brazil is a major exporter of sugar and orange juice.