



Measures Like Sugar



RESOURCE FROM THE **Dietitian Center®**

www.dietitiancenter.com

SugarTwin® is the calorie free alternative to sugar for cooking and baking, retaining its sweetness when heated. It is available in several formats, to fit your sweetening needs.

HERE IS A HANDY CHART FOR YOUR REFERENCE:



	Packets	Spoonable White	Spoonable Brown	Liquid <i>*Sold only in Canada</i>	Sugar
<i>Equivalency to Sugar</i>	1/2 packet = 1 tsp. sugar 1 packet = 10 mL sugar	1 tsp. = 1 tsp. sugar 5 mL = 5 mL sugar	1 tsp. = 1 tsp. sugar 5 mL = 5 mL sugar	1/4 tsp. = 1 tsp. sugar 1 mL = 5 mL sugar	–
<i>Calories*</i>	0 cal./tsp.	0 cal./tsp.	0	0 cal./tsp.	18 cal./tsp.
<i>Carbohydrates*</i>	0 g/tsp.	0 g/tsp.	0	0 g/tsp.	4.5 g/tsp.

** per serving*