

## Baking Substitute Sweeteners

### Swerve

www.swerve.com



Serving Size: 1 teaspoon  
 Calories: 0  
 Total Fat: 0g  
 Sodium: 0g  
 Total Carb: 5g  
     Sugar: 0g  
     Erythritol: 5g  
 Protein: 0g

Ingredients: erythritol,  
 oligosaccharides and  
 natural flavors

Serving Size: 1 cup  
 Calories: 51  
 Total Fat: 0g  
 Sodium: 0g  
 Total Carb: 240g  
     Sugar: 0g  
     Erythritol: 240g  
 Protein: 0g

Ingredients: erythritol,  
 oligosaccharides and  
 natural flavors

Sugar = Swerve  
 1 cup = 1 cup  
 1 teaspoon = 1 teaspoon  
 1 tablespoon = 1 tablespoon

### SugarLeaf

www.sweetleaf.com

#### Widely available at

- 1) Ralphs
- 2) Pavillions
- 3) Sprouts Farmers Market
- 4) Whole Foods Market



Serving Size: 1/3 teaspoon  
 Calories: 5  
 Total Fat: 0g  
 Sodium: 0g  
 Total Carb: 1.2g  
     Sugar: 1.2g  
 Protein: 0g

Ingredients: pure raw cane  
 sugar and SweetLeaf  
 Stevia®

Serving Size: 1/3 cup  
 Calories: 240  
 Total Fat: 0g  
 Sodium: 0g  
 Total Carb: 57.6g  
     Sugar: 57.6g  
 Protein: 0g

Ingredients: pure raw cane  
 sugar and SweetLeaf  
 Stevia®

Sugar = SugarLeaf  
 1 cup = 1/3 cup  
 1 teaspoon = 1/3 teaspoon  
 1 tablespoon = 1/3 tablespoon

## Splenda Granulated

www.splenda.com

### Widely available at

- 1) Walmart
- 2) Rite Aid Pharmacy
- 3) CVS Pharmacy
- 4) Albertsons
- 5) Walgreens
- 6) Stater Brothers

Serving Size: 1 teaspoon  
Calories: 2  
Total Fat: 0g  
Sodium: 0g  
Total Carb: 0.5g  
Sugar: 0g  
Protein: 0g

Ingredients: dextrose,  
maltodextrin, sucralose

Serving Size: 1 cup  
Calories: 96  
Total Fat: 0g  
Sodium: 0g  
Total Carb: 24g  
Sugar: 0g  
Protein: 0g

Ingredients: dextrose,  
maltodextrin, sucralose



Sugar = Splenda  
1 cup = 1 cup  
1 teaspoon = 1 teaspoon  
1 tablespoon = 1 tablespoon