

## USING ARTIFICIAL SWEETENERS IN COOKING

Replace Sugar	Saccharin types <sup>1</sup>				Aspartame types <sup>2</sup>			Acesulfame-potassium Packets	Sucralose granulated
	Packets	Granulated	Brown	Liquid	Packets	Granulated	Equal for Recipes		
1-2 tsp	1	1 tsp	1 tsp	1 drop	1	1-2 tsp	¼ tsp	1	1-2 tsp
¼ cup	6	¼ cup	¼ cup	1½ tsp	6	¼ cup	1¾ tsp	3	¼ cup
⅓ cup	8	⅓ cup	⅓ cup	2 tsp	8	⅓ cup	2½ tsp	4	⅓ cup
½ cup	12	½ cup	½ cup	1 Tbsp	12	½ cup	3½ tsp	6	½ cup
1 cup	24	1 cup	1 cup	2 Tbsp	24	1 cup	7¼ tsp	12	1 cup
Heat stable	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes
Aftertaste	Yes	Yes	Yes	Yes	No	No	No	Some	No

<sup>1</sup> Manufacturer does not recommend replacing more than ½ cup sugar with saccharin sweetener in baked recipes.

<sup>2</sup> Contains phenylalanine. People with phenylketonuria must avoid this sweetener.

Check measurements on product packages for most accurate information.