



Trim Healthy
mama

Sweetener

CONVERSION CHART

Sweetness conversions are approximate.

Measurements are in U.S. cups. Tbs = tablespoon / tsp = teaspoon

TH Erythritol & TH Xylitol: Measures cup for cup like sugar.

TH Super Sweet Blend: Four to five times as sweet as sugar and a more economical choice over other stevia blends.

TH Gentle Sweet: A sugar-like sweetness that is 1/3 as sweet as TH Super Sweet Blend.

TH Pure Stevia Extract Powder: This concentrated, pure sweetness is great to use in your TH Sippers and other drinks.

Sugar, Allulose TH Erythritol & TH Xylitol	TH Super Sweet Blend	TH Gentle Sweet Most Other Stevia or Monk Fruit Blends	TH Pure Stevia Extract Powder (1 doonk = 1/32 tsp) Monk Fruit Pure Extract
1½ Tbs	1 tsp	1 Tbs	1 rounded doonk
3 Tbs	2 tsp	2 Tbs	2 rounded doonks
⅓ cup	1 Tbs	3 Tbs	scant ⅛ tsp
½ cup	1½ Tbs	¼ cup + 1 Tbs	rounded ⅛ tsp
1 cup	3 Tbs	½ cup + 1 Tbs	rounded ¼ tsp



Some may choose to use small amounts of honey or coconut sugar based on their individual needs and preferences.

*Homemade
Super Sweet Blend
Recipe:*

1 cup THM Erythritol
1 rounded tsp THM Pure Stevia Extract Powder



Trim Healthy
mama

©Sept 2026