



Sweetener Equivalency & Usage Chart



Natural Sweetener	Sweetness vs Table Sugar (equivalent volume)	Calories per tsp	Glycemic Index	Glycemic Impact	Keto Friendly	Equivalence to Table (White) Sugar				Key Features
CALORIC SWEETENERS										
Table (white) sugar	N/A	15	65	medium		1 tsp	1 Tbsp.	1/2 cup	1 cup	Refined
Coconut Sugar	approx. same	7.5	35-42	low		1 tsp	1 Tbsp.	1/2 cup	1 cup	Trace minerals and antioxidants
Date Sugar	same	10	54	low		1 tsp	1 Tbsp.	1/2 cup	1 cup	Trace minerals and antioxidants
Demerara Sugar	same	15	65	medium		1 tsp	1 Tbsp.	1/2 cup	1 cup	Unique caramel taste
Sucanat (Cane Juice)	same	15	65	low		1 tsp	1 Tbsp.	6 Tbsp.	3/4 cups	Unique flavour & texture
Honey	approx. same	20	50-80	medium /high		1 tsp	1 Tbsp.	1/2 cup	4/5 cup	Trace nutrients
Maple Syrup	0.5 x	15	54	low		2 tsp	2 Tbsp.	1 cup	2 cups	Unique flavour / trace nutrients
Fructose Powder	1.5 x	15	19	low		2/3 tsp	2/3 Tbsp.	1/3 cup	2/3 cup	Does not recrystallize while baking (soft, chewy result)
Lactose Powder	0.25 x	15	46	low		4 tsp	4 Tbsp.	2 cups	4 cups	Low sweetness, softens texture when baking
ALCOHOL SWEETENERS - LOW CALORIE										
NOW® Real Food Erythritol Powder	0.7 x	0.8	0	low	✓	1 1/3 tsp	1 1/3 Tbsp.	2/3 cups	1 1/3 cup	No glycemic impact / safe on tooth enamel
NOW® Real Food Erythritol Powder + Monk Fruit	same	<1	0	low	✓	1 tsp	1 Tbsp.	1/2 cup	1 cup	1:1 ratio for table sugar when cooking / baking
NOW® Real Food Xylitol Powder	same	10	7	low	✓	1 tsp	1 Tbsp.	1/2 cup	1 cup	Tastes like sugar /enamel safe
NOW® Real Food Xylitol Pure Packets	same	10	7	low	✓	1 tsp	1 Tbsp.	1/2 cup	1 cup	Convenience
NOW® Real Food Xylitol Plus (Xylitol/Stevia) Packets	same	5	4	low	✓	1 tsp	1 Tbsp.	1/2 cup	1 cup	Low calorie / enamel safe
NOW® Real Food Erythritol granulated	0.7 x	0	0	low	✓	1/4 tsp	1 tsp	1/4 cup	1/3 cup	Low calorie / enamel safe
NON-CALORIC SWEETENERS - ZERO CALORIE										
NOW® Real Food Organic Monk Fruit Liquid	30 x	0	0	low	✓	5 drops	12 drops	1 tsp	2 tsp	On the go convenience
NOW® BetterStevia® Glycerite	30 x	0	0	none	✓	5 drops	15 drops	1 1/2 tsp	3 tsp	On the go convenience
NOW® BetterStevia® Instant Tabs	30 x	0	0	none	✓	1 tablet	3 tablets	24 tablets	48 tablets	On the go convenience
NOW® BetterStevia® Liquid Extract (unflavoured)	38 x	0	0	none	✓	4 drops	12 drops	1 tsp	2 tsp	Available in many flavours
NOW® BetterStevia® Packets	96 x	0	0	none	✓	1/2 packet	1/2 packets	12 packets	24 packets	Convenient / controlled serving
NOW® BetterStevia™ Powder	96 x	0	0	none	✓	1/96 tsp (1/3 scoop)	1/32 tsp (1 scoop)	1/4 tsp (8 scoops)	1/2 tsp (16 scoops)	Only small amount needed



NOW® Sweeteners can be used in cooking, baking, hot & cold beverages and on-the-go. Please read the product labels or **visit nowfoods.ca** for more information.