

## Conversions for Baking and Cooking With Natural Sweeteners

Sugar amount	Equivalent Stevia powdered extract	Equivalent Stevia liquid concentrate
1 cup	1 teaspoon	1 teaspoon
1 tablespoon	1/4 teaspoon	6 to 9 drops
1 teaspoon	A pinch to 1/16 teaspoon	2 to 4 drops

From "The Stevia Cookbook," copyright 1999 Ray Sahelian and Donna Gates

### To replace white sugar in a recipe, try these substitutions

Sweetener	Amount to replace 1 cup sugar	Adjustments to recipe
Agave	3/4 cup	Reduce liquid in recipe by one-third to one-half. Reduce baking temperature 25°F
Barley malt syrup*	1 1/3 cup	Reduce liquids by one-fourth. Add 1/4 teaspoon baking soda for each cup syrup to help baked goods rise.**
Brown rice syrup*	1 1/4 cup	Reduce liquid by one-fourth and add 1/4 teaspoon baking soda for each cup syrup to help baked goods rise.**
Date sugar	1 cup	none
Frozen juice concentrate	2/3 cup	Reduce liquids by one-third and add 1/4 teaspoon baking soda per cup of concentrate.**
Honey	1/2 cup	Reduce liquids by one-eighth. Reduce oven temperature by 25°F and cook a bit longer.
Maple syrup	1/2 to 2/3 cup	Reduce liquid by one-fourth and add 1 teaspoon baking soda per cup of syrup.**
Molasses	1 1/3 cup sweet molasses	Reduce liquid by 6 tablespoons and add 1/2 teaspoon baking soda per cup of molasses.***
Sugar cane juice (Sucanat, turbinado, etc)	1 cup	none
Xylitol, granulated	1 cup	none

\* If you use barley malt or brown rice syrups in baked goods, be aware that a natural enzyme in these sweeteners may liquefy the consistency of the batter. This is more likely when eggs are not used. To prevent liquefying eggless recipes, first boil the barley malt or brown rice syrup for 2 to 3 minutes, cool, then measure and use.

\*\* For each 1/4 teaspoon baking soda, reduce salt by 1/4 teaspoon.

\*\*\* Do not substitute more than half the sugar in a recipe with molasses; blackstrap is not sweet – taste test mixtures.

From [http://www.pccnaturalmarkets.com/products/grocery/tips\\_sweeteners.html](http://www.pccnaturalmarkets.com/products/grocery/tips_sweeteners.html)

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**Natural Sweeteners:**

**The REAL Deal with**

**Sweet Appeal**



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	What is it	Calories	Glycemic effect	How sweet compared to sugar	Other Notes
White table sugar	Glucose + fructose	16 calories per tsp	high	---	As of 2008, genetically modified US sugar beets planted. No special labeling required by FDA.
-sugar beet	Processed sugar beet juice	16 calories per tsp	high	---	
-sugar cane	Processed sugar cane juice filtered with animal bone char	16 calories per tsp	high	---	
High fructose corn syrup (HCS)	corn starch chemically changed from glucose to fructose	16 calories per tsp	high	same	
Polyols	sugar alcohols, includes mannitol, erythritol, sorbitol, xylitol	Varies	Low to none	See below	Mannitol & sorbitol can cause diarrhea if too much is consumed
Xylitol	Polyol found in birch trees	9.6 calories per tsp	Low	same	Reduces oral cavity causing bacteria
Erythritol	polyol	0.2 calories per tsp	None	similar	No laxative effect compared to other polyols
Maple syrup	Boiled sap from maple tree	40 calories per tsp	high	1-1.5 times ↑	2 times more calcium than milk
Honey	Food from bees from flower nectar	16 calories per tsp	high	1-1.5 times ↑	Great for wound healing, skin wrinkle filler, cough remedy
Stevia	Extract of stevia plant	0	None	300 times ↑	Plant is native to South America, Mexico.
Agave nectar	Liquid from agave cactus plant	20 calories per tsp	Low	1.5 times ↑	No aftertaste. Perfect in beverages & for cooking
Blackstrap molasses	Residue of cane syrup after sugar crystals separated	16 calories per tsp	low	Less than half	Very high in calcium, iron, potassium
Unsulphured molasses	Juice of sun ripened sugar cane	15 calories per tsp	high	1-1.5 times ↑	Great for baking
Brown rice syrup	Made from cooked brown rice and enzymes		low	half	Tastes similar to butterscotch
Sucanat	Evaporated sugar cane juice	16 calories per tsp	high	same	Good source calcium, vitamin A, minerals
Inulin	General name for oligofructose fiber extracted from chicory root/corn cobs	---	low	same	Prebiotic supplement
Turbinado sugar	Sugar cane without the last molasses removal step	16 calories per tsp	high	same	Good source minerals
Fruit, fruit juice	Juice or pureed fruits	varies	Varies	Varies	Great source of fiber