

# NuNaturals



Helping To Keep You Well

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## IT'S THE SEASON TO BEGIN THOSE HEALTHY DIET RECIPE PLANS !

I bet a lot of your customers are wondering how to use NuNaturals NuStevia for baking their favorite foods without using sugar or artificial sweeteners! Here is a conversion chart to help you and your customers bake **better**, **healthier**, recipes during 2009!

### Bulk Conversions

<b>Sugar</b>	<b>NuStevia (Packets)</b>	<b>NuStevia (powder)</b>	<b>Clear Stevia Liquid</b>	<b>Pure Stevia</b>
2 tsp.	1 packet	1/2 tsp.	1/4 tsp.	1/32 tsp.
1/4 cup	6 packets	3 tsp.	1 1/2 tsp.	3/16 tsp.
1/3 cup	8 packets	4 tsp.	2 tsp.	1/4 tsp.
1/2 cup	12 packets	6 tsp.	3 tsp.	3/8 tsp.
3/4 cup	18 packets	9 tsp.	4 1/2 tsp.	9/16 tsp.
1 cup	24 packets	12 tsp.	6 tsp.	3/4 tsp.
2 cups	48 packets	24 tsp.	12 tsp.	1 1/2 tsp.

Note: for customers using the No-Carb blend of NuNaturals NuStevia. Simply use 1/8<sup>th</sup> of what you would sugar. If a recipe calls for 1 cup of sugar then using 1/8<sup>th</sup> a cup of NuNaturals NuStevia No-Carb blend.

Wishing you all the very best throughout the coming year!