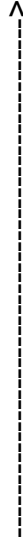


# WHITE SUGAR TO NATURAL SUGAR SUBSTITUTION CHART

When converting from regular white sugar to a natural syrup, it's vital to remember that substitution must occur by weight, not volume. This table does all the work for you!

That said, when I substitute with agave, I usually up it just a bit to equal 3/4 cups agave for every 1 cup of sugar. But that's a personal choice (I follow this chart for honey).



White Sugar	=	Weight Measure	=	Agave & Brown Rice Syrup	Or	Honey
1/8 cup	=	25 grams	=	1 tbsp. + 1/4 tsp.	Or	1 tbsp.
1/4 cup	=	50 grams	=	2 tbsp. + 1/2 tsp.	Or	2 tbsp.
1/2 cup	=	100 grams	=	1/4 cup + 3/4 tsp.	Or	1/4 cup
3/4 cup	=	150 grams	=	3/8 cup + scant 1 tsp.	Or	3/8 cup
1 cup	=	200 grams	=	1/2 cup + 1 tsp.	Or	1/2 cup
2 cups	=	400 grams	=	1 cup + 2 tsp.	Or	1 cup
3 cups	=	600 grams	=	1-1/2 cups + 1 tbsp.	Or	1-1/2 cups