

Replace sugar with*...



Take a look at the calories saved...

Amount of Sugar Used	Calories Saved by Using SPLENDA® No Calorie Sweetener†
1 tsp	14
1 Tbsp	42
1/8 cup	84
1/4 cup	168
1/2 cup	336
3/4 cup	504
1 cup	672

†On a per servings basis, SPLENDA® No Calorie Sweetener is considered “calorie free,” as defined by the FDA. SPLENDA® No Calorie Sweetener provides 1/8 the calories of regular sugar. When SPLENDA® No Calorie Sweetener is used in larger quantities, these calories should be taken into account.

*Adapted from America On the Move® Family Study, developed at the University of Colorado at Denver and Health Sciences Center by Dr. James Hill, co-founder of America On the Move®, with support from McNeil Nutritionals, LLC, makers of SPLENDA® No Calorie Sweetener.