

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.