



GREAT TASTE. 0 CALORIES.
EQUAL
SWEETENER

MARK YOUR FAVORITE RECIPES WITH EQUAL®

- Whether you're trying to watch calories or simply love our sweet taste, Equal can be used to create dozens of mouthwatering recipes — from delicious fruit pies and rich cheesecakes to fresh-from-the-oven brownies.
- The Equal Test Kitchen has developed over 100 irresistible recipes with fewer calories and carbohydrates than traditional recipes. We test these recipes in our kitchen so you can be assured of success when you make them in yours.
- The components in the sweetener in Equal® are like those found every day in many of the foods we eat, like meat, fruit, and dairy products.

Visit www.equal.com for great tasting Equal® recipes.



EQUAL®

SWEETENER

Use these “handy” measuring tips to estimate appropriate portions.



fist = 1 cup

(Example: two servings of pasta or oatmeal)



thumb = 1 oz.

(Example: a piece of cheese)



handful = 1 or 2 oz. snackfood

(Example: 1 oz. nuts = 1 handful; 2 oz. pretzels = 2 handfuls)



thumb tip =

(a serving of mayonnaise or margarine)



palm = 3 oz.

(a cooked serving of meat)

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