



\*Do not use artificial sweeteners when preserving fruit, as they can produce a variety of negative effects\*

TYPE OF SYRUP	GRANULATED SUGAR	OTHER SWEETENERS	WATER	SYRUP YIELD	HOW SYRUP IS USED COMMERCIALY
Ultra-Light	1/2 cup		5 cups	5 1/4 cups	
Extra-Light	1 1/4 cup		5 1/2 cups	6 cups	
Light	2 1/4 cup		5 1/4 cups	6 1/2 cups	Very sweet fruit
Medium	3 1/4 cup		5 cups	7 cups	Sweet apples, sweet cherries, berries, grapes
Heavy	4 1/4 cup		4 1/4 cups	7 cups	Tart apples, apricots, sour cherries, gooseberries, nectarines, pears, peaches, plums
Honey	1 cup	1 cup liquid honey	4 cups	5 cups	

## Syrups for Use in Canning Fruits

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