



## **Calculating How Much Sugar is in a Container**

## **CALCULATION:**

Grams of Sugar ÷ 4 = Teaspoons of Sugar

## **Nutrition Facts**

Serving Size 20 fl. oz. (591ml)

Servings Per Container 1

**Amount Per Serving** 

Allibuilt of Scraling	
Calories 250	
	% Daily Value*
Total Fat 0 g	0%
<b>Sodium</b> 55 mg	2%
<b>Total Carbohydrate</b> 68 g	23%
Sugars 69 g	
Protein 0 g	0%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

## 68 Grams of Sugar ÷ 4 = 17 Teaspoons of Sugar

Note: If the container has more than one serving, multiply the number of teaspoons by the number of servings to get the Total Teaspoons of sugar in the container. For example, 10 teaspoons x 2 servings = 20 Total Teaspoons.





<sup>\*</sup>Percent Daily Values are based on a 2,000 calorie diet.