



Calculating How Much Sugar is in a Container

CALCULATION:
Grams of Sugar ÷ 4 = Teaspoons of Sugar

<h3>Nutrition Facts</h3>	
Serving Size 20 fl. oz. (591ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 250	
	% Daily Value*
Total Fat 0 g	0%
Sodium 55 mg	2%
Total Carbohydrate 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.	
*Percent Daily Values are based on a 2,000 calorie diet.	

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.



This material was adapted with permission from the Nutrition Education and Obesity Prevention Branch—Rethink Your Drink Campaign of the California Department of Public Health. Food Hero is funded by OSU Extension and USDA SNAP. These are equal opportunity providers and employers. For information on nutrition assistance through Oregon SNAP, call 800-723-3638.