

# How Much Sugar is in Your Beverage?

*Follow these steps to find out!*

**Step 1.** Look at the “Nutrition Facts” panel

**Step 2.** Write down the number of “Servings per Container” \_\_\_\_\_

**Step 3.** Write down how many “Grams of Sugar” \_\_\_\_\_

**Step 4.** Multiply “Servings per Container” by “Grams of Sugar”

	servings per container
X	
	grams of sugar
	total grams of sugar in the whole container

**Step 5.** Divide “Total Grams of Sugar” by **4**. This will tell you how many teaspoons of sugar are in your beverage container

	total grams of sugar	=	
4			

**Teaspoons (or packets / cubes)  
of sugar in the whole container**

## Sugar in Sweetened Beverages

- This chart lists conversion of grams of sugar into teaspoons of sugar.
- 4 grams of sugar = 1 teaspoon of sugar.
- The numbers of teaspoons are rounded up or down to the nearest whole number.
- Don't forget to consider how many "servings" of the product you are consuming .

Grams of Sugar	÷ 4 =	Teaspoons sugar
12		3
13		3
14		4
15		4
16		4
17		4
18		5
19		5
20		5
21		5
22		6
23		6
24		6
25		6
26		7
27		7
28		7
29		7
30		8
31		8
32		8
33		8
34		9
35		9
36		9
37		9
38		10
39		10
40		10
41		10
42		11
43		11
44		11
45		11

46		12
47		12
48		12
49		12
50		13
51		13
52		13
53		13
54		14
55		14
56		14
57		14
58		15
59		15
60		15
61		15
62		16
63		16
64		16
65		16
66		17
67		17
68		17
69		17
70		18
71		18
72		18
73		18
74		19
75		19
76		19
77		19
78		20
79		20
80		20