

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
	grams of sugar
X	
	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	=	
			Teaspoons of sugar in the whole container
4			

Sugar in Sweetened Beverages

- This chart lists conversion of grams of sugar into teaspoons of sugar.
- 4 grams sugar = 1 teaspoon sugar
- The numbers of teaspoons are rounded up or down to the nearest whole number.

Grams Sugar	+ 4 =	Teaspoons Sugar		Grams Sugar	+ 4 =	Teaspoons Sugar
12		3		56		14
13		3		57		14
14		4		58		15
15		4		59		15
16		4		60		15
17		4		61		15
18		5		62		16
19		5		63		16
20		5		64		16
21		5		65		16
22		6		66		17
23		6		67		17
24		6		68		17
25		6		69		17
26		7		70		18
27		7		71		18
28		7		72		18
29		7		73		18
30		8		74		19
31		8		75		19
32		8		76		19
33		8		77		19
34		9		78		20
35		9		79		20
36		9		80		20
37		9		81		20
38		10		82		21
39		10		83		21
40		10		84		21
41		10		85		21
42		11		86		22
43		11		87		22
44		11		88		22
45		11		89		22
46		12		90		23
47		12		91		23
48		12		92		23
49		12		93		23
50		13		94		24
51		13		95		24
52		13		96		24
53		13		97		24
54		14		98		25
55		14		99		25