



How Much Sugar Am I Drinking?

To find out how much sugar is in your drink, read the label and do some math:

1. How many grams of sugar are in a serving? _____
2. How many servings are in the container? _____
3. Times the number of grams per serving
by the number of servings in the container: _____

** 4 grams of sugar = 1 teaspoon of sugar **

4. Divide the total grams of sugar by 4 to get
the number of teaspoons of sugar in the drink:

5. Measure out that many teaspoons of sugar into a cup!

