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!