

Calculating How Much Sugar Is In A Container

Nutrition Facts	
Serving Size 20 fl. oz (591ml)	
Servings Per Container 1	
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat	0g 0%
Cholesterol	0mg 0%
Sodium	75mg 3%
Total Carbohydrate	65g 22%
Sugars 65g	
Protein	0g
* Percent Daily Values are based on a 2,000 calorie diet.	
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.	

Calculation:

Grams of Sugar ÷ 4 = Teaspoons of Sugar

65 Grams ÷ 4 ≈ 17 Teaspoons

(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 teaspoons in total)

