

# Calculating How Much Sugar Is In A Container

## Nutrition Facts

Serving Size 20 fl. oz (591ml)

Servings Per Container 1

### Amount Per Serving

Calories 250

% Daily Value\*

Total Fat 0g 0%

Cholesterol 0mg 0%

Sodium 55mg 0%

Total Carbohydrate 69g

Sugars 69g

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**

**69 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)**

Originally developed and piloted by Alameda County Public Health Department • Nutrition Services

For CalFresh information, call 1-877-847-3663. Funded, in part, by USDA SNAP, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips.

Santa Clara County Public Health Department Chronic Disease and Injury Prevention Unit is the lead agency for BANPAC

