



## Calculating How Much Sugar is in a Container

**CALCULATION:**  
**Grams of Sugar ÷ 4 = Teaspoons of Sugar**

<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591ml)	
<b>Servings Per Container 1</b>	
<b>Amount Per Serving</b>	
<b>Calories 250</b>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 0 g	<b>0%</b>
<b>Sodium</b> 55 g	<b>2%</b>
<b>Total Carbohydrate</b> 68 g	<b>23%</b>
<b>Sugars</b> 69 g	
<b>Protein</b> 0 g	<b>0%</b>
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

**68 Grams of Sugar ÷ 4 = 17 Teaspoons of Sugar**

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 Total Teaspoons.



**SUGAR HAS MANY NAMES**

Sugar comes in many forms. Here are some common names for sugar in the Ingredients list:

- Barley malt
- Brown sugar
- Cane juice
- Corn syrup
- Dextrose
- Fructose
- Glucose
- Sucrose
- High fructose corn syrup
- Honey
- Maltodextrin
- Maple syrup
- Molasses
- Powdered sugar
- Raw sugar

**FIND THE SUGAR**

To find out how much sugar is in that package, check the **Nutrition Facts** label on the package. Look for the word **Sugars** to see how much sugar is in the item per serving.

To find the forms of sugar, check the **Ingredients**.



<b>Nutrition Facts</b>	
Serving Size 1 bar	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 150	
% Daily Value *	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0 g	
Trans Fat 0 g	
<b>Sodium</b> 85 mg	<b>4%</b>
<b>Total Carbohydrate</b> 30 g	<b>10%</b>
<b>Sugars</b> 12 g	
<b>Protein</b> 3 g	<b>6%</b>
*Percent Daily Values are based on a 2,000 calorie diet.	

**INGREDIENTS:**

Oat bran, rice, **corn syrup, sugar, fructose**, whole grain rolled oats, **dextrose**, oat and fruit clusters (toasted oats [rolled oats, **sugar**, soybean oil, **honey, molasses**] **sugar**, rolled oats, strawberry flavored apples, **corn syrup, brown sugar**, natural and artificial flavors), **high fructose corn syrup**, vegetable oil, contains 2% or less of potassium chloride, **brown sugar**, sorbitol, malt flavoring, natural and artificial flavor, salt, nonfat dry milk, whole wheat flour, vitamin A, B6, riboflavin, folic acid, vitamin B12.