

How much sugar?

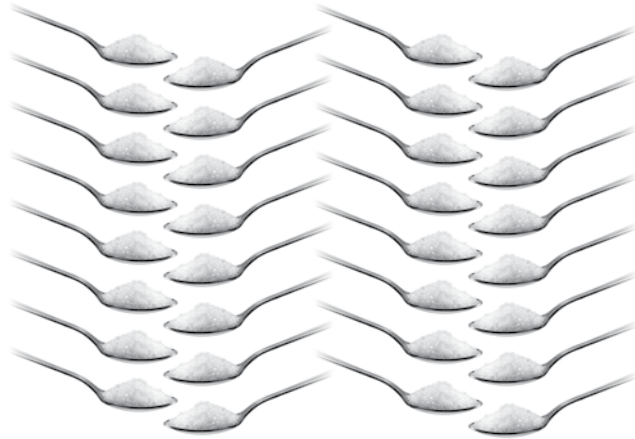
Can of Soda

(12 ounces) 9 ½ teaspoons



Big Gulp

(44 ounces) 32 teaspoons



Fruit Punch

(12 ounces) 11 teaspoons



Energy Drink

(8 ounces) 7 teaspoons



Canned Peaches in Heavy Syrup

(1/2 peach) 4 ½ teaspoons



Canned Peaches in Juice

(1/2 peach) 2 ½ teaspoons



Fresh Peach

(1/2 medium peach)
1 ½ teaspoons



Agave Nectar, Honey, Syrup

(1 tablespoon) 3.5 teaspoons



Jelly

(1 tablespoon) 3 teaspoons



Hershey Bar

6 teaspoons



Skittles

(1 serving bag) 12 teaspoons



Apple Juice

(8 ounces) 7 teaspoons



Use the food label to know how many teaspoons of sugar are in your drink or food item.

Nutrition Facts	
Serving Size 1 can (12 fl. oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 143	
Total Fat 0g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 49mg	
Total Carbohydrate 40g	
Dietary Fiber 0g	
Sugars 40g	
Proteins 0g	

STEP 1

Look at the serving size

STEP 2

Look for how many g (grams) of sugar are listed on the label

STEP 3

Figure out how many teaspoons of sugar

- There are 40g of sugar
- 1 teaspoon of sugar =4 grams.

STEP 3

40 grams divided by 4 grams/teaspoon =10

- This means there are 10 teaspoons of sugar in this can of drink.