

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.

**GRAMS OF SUGAR ÷ 4 =
TEASPOONS OF SUGAR**

Remember: Multiply the teaspoons of sugar by the number of servings to get the total number of teaspoons of sugar in the container.

Example: 10 tsp x 2 servings =
20 teaspoons total in the container

CÓMO CALCULAR LA CANTIDAD DE AZÚCAR EN UNA BEBIDA

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**GRAMOS DE AZÚCAR ÷ 4 =
CUCHARADITAS DE AZÚCAR**

Multiplique los gramos de azúcar por el número de porciones para obtener el número total de cucharaditas de azúcar en el recipiente.

Ejemplo: 10 cucharaditas x 2 porciones = 20 cucharaditas en total en el recipiente

计算多少糖是在一个容器中

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克糖 ÷ 4 =
多少茶匙的糖

请记住：用糖茶匙数乘以份数，就得知在容器中的糖茶匙的总数。

举例：10 茶匙 x 2 份 =
在容器中总共有20茶匙