

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	
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	
<small>Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.</small>	

GRAMS OF SUGAR ÷ 4 = TEASPOONS OF SUGAR

$$65\text{g} \div 4 \approx 17 \text{ teaspoons}$$

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