Calculating How Much Sugar is in a Container

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

\[ 65g \div 4 \approx 17 \text{ teaspoons} \]

**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