

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.	

份數 →

克糖 →

克糖 ÷ 4 = 多少茶匙的糖

65 克糖 ÷ 4 ≈ 17 茶匙的糖

请记住： 用茶匙的数乘以份数，就得知在容器中
总共有几多茶匙的糖。

举例： 10 茶匙 x 2 份 = 在容器中总共有 20 茶匙