CALCULATING HOW MUCH SUGAR IS IN A CONTAINER

Calculation:

Grams of Sugar ÷ 4 = Teaspoons of Sugar

65 Grams ÷ 4 ≈ 16 Teaspoons

Note: If the container has more than one serving, multiply the number of teaspoons by the number of servings to get the Total Teaspoons of sugar in the container.

For example: 10 teaspoons x 2 servings = 20 total teaspoons in the container