

CALCULATING HOW MUCH SUGAR IS IN A CONTAINER

Nutrition Facts		Amount/Serving	% Daily Value
		Total Fat 0g	0%
		Sodium 75mg	3%
		Total Carb. 65g	24%
		Total Sugars 65g	
		Incl. 65g Added Sugars	130%
		Protein 0g	
Serv. Size 1 Bottle			
Calories per serving	240	Not a significant source of sat. fat, <i>trans</i> fat, cholest., fiber, vit. D, calcium, iron and potas.	

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



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