

How much sugar is in your drink?

grams of sugar (g) \div 4 = teaspoons of sugar

$$40 \div 4 = 10$$

GRAMS

TEASPOONS

More than 1 serving per container?

Multiply: teaspoons of sugar per serving \times number of servings = teaspoons of sugar per container
(Example: 2 servings per container: 10 teaspoons \times 2 servings = 20 teaspoons per container)

Nutrition Facts

Serving Size 1 can (12 fl. oz.)

Servings Per Container 1

Amount Per Serving

Calories 140

% Daily Value *

Total Fat 0g 0%

Cholesterol 0mg 0%

Sodium 50mg 0%

Total Carbohydrate 40g

Sugars 40g

Protein 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%



© 2014 WIC, SNAP, and USDA. All rights reserved.

WIC, SNAP, and USDA are trademarks of the U.S. Department of Agriculture. All rights reserved.