

How much sugar is in your drink?



4 1/2 tsp



5 tsp



3 tsp



3 1/2 tsp



5 1/2 tsp



4 grams = 1 teaspoon.
Identify the grams of sugar listed, and simply divide the grams by 4.

Total Carbohydrate	40g	13%
Dietary Fiber	1g	3%
Sugars	16g	
Protein	5g	

