

**Guess how  
many  
teaspoons of  
sugar are in  
these drinks.**

**Adivina  
cuantas  
cucharaditas  
de azúcar  
hay en  
éestas bebidas.**

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# Measuring Sugar

4 grams = 1 teaspoon sugar

1 gram of sugar = 4 calories



Adapted from: Sugar Sleuths Lawrence Hall of Science © 2007 The Regents of the University of California Contact Family Health Updated June 23, 2003  
<http://www.lhs.berkeley.edu/familyhealth/activities/sugarsleuths/sugarsleuths.html>

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# Medir el azúcar

4 gramos = 1 cucharadita azúcar

1 gramo azúcar = 4 calorías



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# Nutrition Facts

Serving size: 8 fl. Oz.

Servings per container: 2

## Amount Per Serving

Calories		Calories from Fat
		% Daily Value*
<b>Total Fat</b>	g	%
Saturated Fat	g	%
Trans Fat	g	
<b>Cholesterol</b>	mg	%
<b>Sodium</b>	mg	%
<b>Total carbohydrate</b>	g	%
Dietary Fiber	g	%
<b>Sugar</b>	<b>40 g</b>	
<b>Protein</b>	g	
Vitamin A %	*	Vitamin C %
Calcium %	*	Iron %

\* Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Water, High Fructose Corn Syrup, Grape and Pear Juices From Concentrate, other

(Other names for added sugars: Sugar, Brown Sugar, Honey, Molasses, Syrup, Malt Syrup, Lactose, Glucose, Dextrose, Maltose, Sucrose, Corn Sweetner)

# Activity 1: Conversion Sheet

## Sugar in Sweetened Beverages

- This chart lists conversion of grams of sugar into teaspoons of sugar.
- 4 grams sugar = 1 teaspoon sugar
- The numbers of teaspoons are rounded up or down to the nearest whole number.

Grams Sugar	÷ 4 =	Teaspoons Sugar		Grams Sugar	÷ 4 =	Teaspoons Sugar
12		3		56		14
13		3		57		14
14		4		58		15
15		4		59		15
16		4		60		15
17		4		61		15
18		5		62		16
19		5		63		16
20		5		64		16
21		5		65		16
22		6		66		17
23		6		67		17
24		6		68		17
25		6		69		17
26		7		70		18
27		7		71		18
28		7		72		18
29		7		73		18
30		8		74		19
31		8		75		19
32		8		76		19
33		8		77		19
34		9		78		20
35		9		79		20
36		9		80		20
37		9		81		20
38		10		82		21
39		10		83		21
40		10		84		21
41		10		85		21
42		11		86		22
43		11		87		22
44		11		88		22
45		11		89		22
46		12		90		23
47		12		91		23
48		12		92		23
49		12		93		23
50		13		94		24
51		13		95		24
52		13		96		24
53		13		97		24
54		14		98		25
55		14		99		25