

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