

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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