

Medir el azúcar

4 gramos = 1 cucharadita azúcar

1 gramo azúcar = 4 calorías



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>

Medir el azúcar

4 gramos = 1 cucharadita azúcar

1 gramo azúcar = 4 calorías



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>