Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Hour:\_\_\_\_\_\_

*How Much Sugar?*

What are your drinking? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 1.** Look at the Nutrition Facts panel

**Step 2.** Write down the number of *servings per container* \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 3.** Write down how many *grams of sugar* per serving \_\_\_\_\_\_\_\_\_\_\_\_\_

**Step 4.** Multiply *servings per container* by *grams of sugar*

Servings per container

Grams of sugar

**X**

Total grams of sugar in the whole container

**Step 5.** Divide *total grams of sugar* by **4.** This will tell you how many teaspoons of sugar are in your beverage container.

=

Total grams of sugar

**BONUS:**

How many calories are there in one serving? \_\_\_\_\_\_\_\_\_\_\_\_\_\_

How many total calories are in the whole container? \_\_\_\_\_\_\_\_\_\_\_\_\_

**Teaspoons (or packets /cubes) of sugar in the whole container**

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