

SHOW ME THE SUGAR!



**4 grams =
1 teaspoon of sugar**

1. Look for "Sugars" on the label

"g" is short for grams

2. Divide the number of grams by 4

**The answer gives you the number
of teaspoons per serving**

**3. Check the number of servings
in the container and multiply
by that number**

36g

÷ 4

9 tsp.

x 2

18

CONTAINS 100% JUICE

Nutrition Facts
Serving Size 8 fl oz (240 mL)
Servings Per Container About 2

Amount Per Serving	8 fl oz % DV*	Per Bottle % DV*
Calories	160	300
Total Fat	0g 0%	0g 0%
Sodium	15mg 1%	30mg 1%
Potassium	90mg 3%	170mg 5%
Total Carb.	30g 13%	74g 25%
Sugars	36g	68g
Protein	<1g	1g

18 teaspoons of sugar in a 16 oz. juice bottle!