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
   \[
   \frac{36g}{4} = 9 \text{ tsp.}
   \]

3. Check the number of servings in the container and multiply by that number
   \[
   9 \times 2 = 18
   \]

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