

Remember, 1 teaspoon = 4 grams

4g	8g	12g	16g	20g	24g	28g
=	=	=	=	=	=	=
1 tspn	2 tspn	3 tspn	4 tspn	5 tspn	6 tspn	7 tspn



Nutrient	Qty per _____ mL Serve	Qty per 100mL
Energy (kJ)		
Protein (g)		
Fat, Total (g)		
Fat, Saturated (g)		
Carbohydrate (g)		
Sugars (g)		
Sodium (mg)		

Your sugar calculation: there is _____ teaspoons of sugar in _____ (name of drink).

Disclaimer: The nutritional information of this drink is subject to change with manufacturer reformulation.

Proudly supported by:

Remember, 1 teaspoon = 4 grams

4g	8g	12g	16g	20g	24g	28g
=	=	=	=	=	=	=
1 tspn	2 tspn	3 tspn	4 tspn	5 tspn	6 tspn	7 tspn



Nutrient	Qty per _____mL Serve	Qty per 100mL
Energy (kJ)		
Protein (g)		
Fat, Total (g)		
Fat, Saturated (g)		
Carbohydrate (g)		
Sugars (g)		
Sodium (mg)		

Your sugar calculation: there is _____ teaspoons of sugar in _____ (name of drink).

Disclaimer: The nutritional information of this drink is subject to change with manufacturer reformulation.

Proudly supported by:



Department of Health
Department of Education
Department of Regional
Development



ROYALTIES
FOR REGIONS

Remember, 1 teaspoon = 4 grams

4g	8g	12g	16g	20g	24g	28g
=	=	=	=	=	=	=
1 tspn	2 tspn	3 tspn	4 tspn	5 tspn	6 tspn	7 tspn



Nutrient	Qty per _____mL Serve	Qty per 100mL
Energy (kJ)		
Protein (g)		
Fat, Total (g)		
Fat, Saturated (g)		
Carbohydrate (g)		
Sugars (g)		
Sodium (mg)		

Your sugar calculation: there is _____ teaspoons of sugar in _____ (name of drink).

Disclaimer: The nutritional information of this drink is subject to change with manufacturer reformulation.

Proudly supported by: