

Remember, 1 teaspoon = 4 grams

4g = 1 tspn	8g = 2 tspn	12g = 3 tspn	16g = 4 tspn	20g = 5 tspn	24g = 6 tspn	28g = 7 tspn
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Nutrient	Qty per 600mL Serve	Qty per 100mL
Energy (kJ)	1080	180
Protein (g)	0	0
Fat, Total (g)	0	0
Fat, Saturated (g)	0	0
Carbohydrate (g)	63.6	10.6
Sugars (g)	63.6	10.6
Sodium (mg)	60	10

How many teaspoons of sugar are in a 600mL bottle of soft drink?

Proudly supported by:



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Nutrient	Qty per 600mL Serve	Qty per 100mL
Energy (kJ)	2166	361
Protein (g)	21.6	3.6
Fat, Total (g)	20.4	3.4
Fat, Saturated (g)	13.8	2.3
Carbohydrate (g)	60	10
Sugars (g)	58.8	9.8
Sodium (mg)	450	75

How many teaspoons of sugar are in a 600mL carton of choc milk?

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 250mL Serve	Qty per 100mL
Energy (kJ)	480	192
Protein (g)	0	0
Fat, Total (g)	0	0
Fat, Saturated (g)	0	0
Carbohydrate (g)	27.5	11
Sugars (g)	27.5	11
Sodium (mg)	100	40

How many teaspoons of sugar are in a 250mL can of energy drink?

Proudly supported by:

Remember, 1 teaspoon = 4 grams

4g = 1 tspn	8g = 2 tspn	12g = 3 tspn	16g = 4 tspn	20g = 5 tspn	24g = 6 tspn	28g = 7 tspn
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Nutrient	Qty per 600 mL Serve	Qty per 100mL
Energy (kJ)	618	103
Protein (g)	0	0
Fat, Total (g)	0	0
Fat, Saturated (g)	0	0
Carbohydrate (g)	36	6
Sugars (g)	36	6
Sodium (mg)	306	51

How many teaspoons of sugar are in a 600mL bottle of sports drink?

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 314 mL Serve	Qty per 100mL
Energy (kJ)	724	230
Protein (g)	0	0
Fat, Total (g)	0	0
Fat, Saturated (g)	0	0
Carbohydrate (g)	42.6	13.5
Sugars (g)	42.6	13.5
Sodium (mg)	33	10

How many teaspoons of sugar are in a 314mL frozen soft drink?

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 600 mL Serve	Qty per 100mL
Energy (kJ)	1068	178
Protein (g)	6	<1
Fat, Total (g)	0	<1
Fat, Saturated (g)	0	<1
Carbohydrate (g)	58.8	9.8
Sugars (g)	58.8	9.8
Sodium (mg)	72	12

How many teaspoons of sugar are in a 600mL juice box (25% juice)?

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Nutrient	Qty per 265 mL Serve	Qty per 100mL
Energy (kJ)	727	274
Protein (g)	9	<1
Fat, Total (g)	2.6	<1
Fat, Saturated (g)	1.5	<1
Carbohydrate (g)	26.7	10
Sugars (g)	21.8	8.22g
Sodium (mg)	109	41.1

How many teaspoons of sugar are in a 265mL homemade Super Fruity Smoothy?

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 500 mL Serve	Qty per 100mL
Energy (kJ)	396	79
Protein (g)	<0.1	<0.1
Fat, Total (g)	<0.1	<0.1
Fat, Saturated (g)	<0.1	<0.1
Carbohydrate (g)	22.6	5
Sugars (g)	22.6	5g
Sodium (mg)	60	12

How many teaspoons of sugar are in a 500mL iced tea?

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 610 mL Serve	Qty per 100mL
Energy (kJ)	1820	303.3
Protein (g)	7.4	1.2
Fat, Total (g)	5.0	<0.1
Fat, Saturated (g)	3.1	0.5
Carbohydrate (g)	88.3	14.7
Sugars (g)	78.5	13.1g
Sodium (mg)	142	23.6

How many teaspoons of sugar are in a 610ml purchased mango magic smoothie?

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Nutrient	Qty per 500 mL Serve	Qty per 100mL
Energy (kJ)	1004	200
Protein (g)	6	<1
Fat, Total (g)	0	<1
Fat, Saturated (g)	0	<1
Carbohydrate (g)	55	11
Sugars (g)	55	11g
Sodium (mg)	375	75

How many teaspoons of sugar are in a 500ml energy drink?

Proudly supported by: