

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 _____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.

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