How Much Sugar?

Name: _______________________________  Date: ____________

**Directions:** Use this worksheet to calculate the total sugar (in teaspoons) for each beverage.

**Helpful Hints:**
- 4 grams of sugar = 1 teaspoon of sugar
- 1 sugar cube represents 1 teaspoon of sugar

**Added Sugars List:** Anhydrous dextrose, corn syrup, corn syrup solids, dextrose, fructose, high-fructose corn syrup (HFCS), honey, invert sugar, lactose, malt syrup, maltose, maple syrup, molasses, nectars (e.g., peach nectar, pear nectar), raw sugar, sucrose, and sugar.

**Beverage #1 Name:**

1. Calculate the Total Sugar (in teaspoons) for each drink:
   a. Sugar per serving \( \times \) Number of servings in drink = **Grams of Total Sugar**
      
      \[ \boxed{\phantom{00000000}_\text{gm} \phantom{00}_\phantom{00000000}_\text{gm}} \]
   
   b. **Grams of Total Sugar** \( \div \) 4 gm per teaspoon = **Teaspoons of Total Sugar per drink**
      
      \[ \boxed{\phantom{00000000}_\text{gm} \phantom{00}_\phantom{00000000}_\text{gm}} \]

2. Using sugar cubes, count the number of teaspoons of sugar per drink container and place sugar cubes in a plastic bag.

3. Label the bag with the name of your drink.

4. Review the Ingredients List and write down forms of added sugar:

**Beverage #2 Name:**

1. Calculate the Total Sugar (in teaspoons) for each drink:
   a. Sugar per serving \( \times \) Number of servings in drink = **Grams of Total Sugar**
      
      \[ \boxed{\phantom{00000000}_\text{gm} \phantom{00}_\phantom{00000000}_\text{gm}} \]
   
   b. **Grams of Total Sugar** \( \div \) 4 gm per teaspoon = **Teaspoons of Total Sugar per drink**
      
      \[ \boxed{\phantom{00000000}_\text{gm} \phantom{00}_\phantom{00000000}_\text{gm}} \]

2. Using sugar cubes, count the number of teaspoons of sugar per drink container and place sugar cubes in a plastic bag.

3. Label the bag with the name of your drink.

4. Review the Ingredients List and write down forms of added sugar:

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