

# How Much Sugar?

## Juice Drink Calculation Example

### Helpful Hints:

**4 grams of sugar = 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.

### Sample Juice Drink Label

## Nutrition Facts

Serving Size 8 fl oz (240 mL)  
Servings Per Container 2.5

#### Amount Per Serving

Calories 122      Calories from Fat 0

#### % Daily Value\*

Total Fat	0g	0%
Sodium	25mg	1%
Total Carbohydrate	27g	9%
Sugars 27g		
Protein	0g	
Vitamin A		0%
Vitamin C		100%
Calcium		0%
Iron		0%

Contains 10% juice.

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium and iron.

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, ORANGE JUICE CONCENTRATE, CITRIC ACID, POTASSIUM BENZOATE (PRESERVES FRESHNESS), NATURAL FLAVOR, YELLOW COLORING, GLYCEROL ESTER OF WOOD ROSIN, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR).

This example will show you how to calculate the total number of teaspoons of sugar in a drink. Looking at the Juice Drink Label Card (left):

1. Identify the name(s) of added sugars in the ingredient list. *Answer: High fructose corn syrup*
2. Identify the number of servings in the container. *Answer: 2.5 servings*
3. Identify the grams (g) of sugar per serving. *Answer: 27 grams*
4. Calculate the amount of Total Sugar (in grams) in the drink

$$\begin{array}{ccc} \boxed{27 \text{ grams}} & \times & \boxed{2.5} & = & \boxed{67.5 \text{ grams}} \\ \text{Sugar per} & & \text{Number of servings} & & \text{Total grams} \\ \text{servings} & & \text{per container} & & \text{of sugars} \end{array}$$

5. Round 67.5 68

6. Calculate the amount of Total Sugar (in teaspoons) in the drink

$$\begin{array}{ccc} \boxed{68 \text{ grams}} & = & \boxed{17 \text{ tsp}} \\ \text{Total grams} & & \text{Teaspoons of Total} \\ \text{of sugars} & & \text{Sugar per container} \end{array}$$