

# HOW TO DO SUGAR CONVERSION

*Number of grams (g) divided by 4  
= Number of teaspoons (tsp)*

EXAMPLE:

Nutrition Facts	
Serving Size 1 cookie (24g)	
Servings Per Container 12	
Amount Per Serving	
Calories 139	
% Daily Values*	
Total Fat 7g	11%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 23mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 4g	8%
*Percent Daily Values are based on a 2,000 calorie diet.	

$12 \text{ g} \div 4$   
**3 teaspoons  
of sugar!**



**REDUCE YOUR SUGAR INTAKE PER DAY!**

Information provided by:

South Asian Health Institute | Fraser Health

[www.fraserhealth.ca/sahi](http://www.fraserhealth.ca/sahi) | [southasianhealth@fraserhealth.ca](mailto:southasianhealth@fraserhealth.ca)

