# 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).

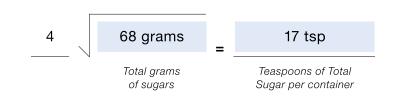


This example will show you how to calculate the total number of teaspoons of sugar in a drink. Looking at the Juice Drink Label Card (left):

- 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



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



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