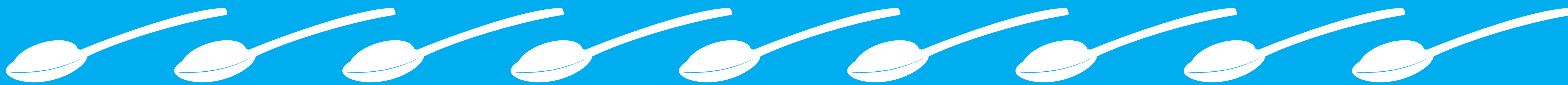
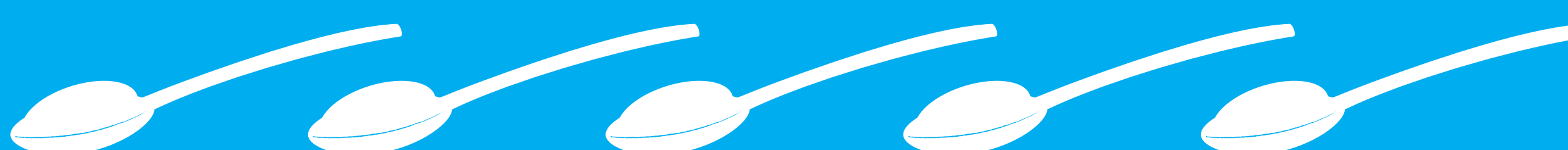



# How much SUGAR is in your drink?

Recommended total number of teaspoons of sugar per day

men 9 

women 5 

children 3 

## Typical soft drink

### Nutritional Information

	Per serving	Per 100mL	% Daily Value*
Serving size 600mL			
Amount per serving 600mL			
			Energy 1170kJ 279.6Cal
Protein	0g	0g	0%
Total fat	0g	0g	0%
Saturated fat	0g	0g	0%
Total carbohydrate	68g	6.8g	19%
<b>Sugar</b>	<b>68g</b>	<b>6.8g</b>	<b>64%</b>
Dietary Fiber	0g	0g	0%
Sodium	68mg	11.3mg	1%

\*Percentage Daily Values are based on 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs.

4 grams sugar  
= 1 teaspoon  
sugar

68g of sugar per serve  
 $\div 4$   
= 17 teaspoons

68g  
= 17tsp