

# Sugar Conversions

1 teaspoon = 4 grams of sugar  
4 grams of sugar = 1 sugar packet

ABOVE:  
Breakfast Cereal Conversion

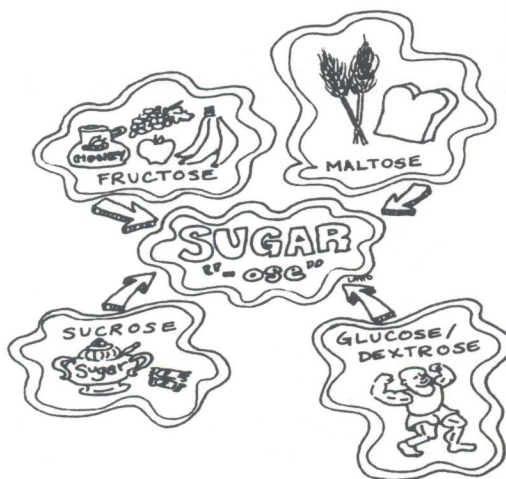
Read the nutrition label on the right. The grams of **SUGAR** in the granola bar are listed under **CARBOHYDRATES**. Most of us do not measure sugar in grams, but instead in teaspoons, cups or by some number of sugar packets like what you get in restaurants. So, divide the number of grams by 4 to find the number or teaspoons of sugar. Complete the calculations below for the granola bar on the right.

## ACTIVITY

- About how many teaspoons of sugar are in this granola bar? \_\_\_\_\_
- How many sugar packets in this? \_\_\_\_\_
- If this granola bar comes in a package of two, how many teaspoons of sugar are in the total package? \_\_\_\_\_

## SUGAR

It comes in many forms and has just as many names. The ending "ose" indicates a sugar. All sugars can cause cavities in the same way. Natural sugars like the sugar in milk or molasses are no better for your teeth than sugars added during food processing.



Answers: 1. Almost 3, 2. Almost 3, 3. Almost 6

Answers: lactose, fructose, sucrose, fructose, maltose, fructose

Nutrition Facts		
Serving Size 1 bar (42g)		
Amount Per Serving		
<b>Calories 180</b>		
% Daily Value		
<b>Total Fat</b>	0g	0%
<b>Sodium</b>	160mg	7%
<b>Total Carbohydrate</b>	29g	10%
<b>Sugars</b>	11g	
<b>Protein</b>	4g	6%
Not a significant source of other nutrients		
*Percent Daily Values are based on a 2,000 calorie diet		

## ACTIVITY

Take a look at the diagram on the left. What type of sugar is in each of the following food items?

MILK \_\_\_\_\_  
HONEY \_\_\_\_\_  
HARD CANDY \_\_\_\_\_  
FRUIT JUICE \_\_\_\_\_  
BREAD \_\_\_\_\_  
APPLE SAUCE \_\_\_\_\_



CHILDREN'S DENTAL HEALTH INITIATIVE OF SAN DIEGO