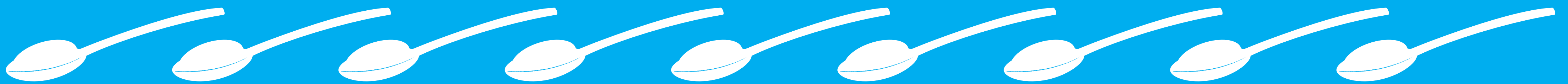
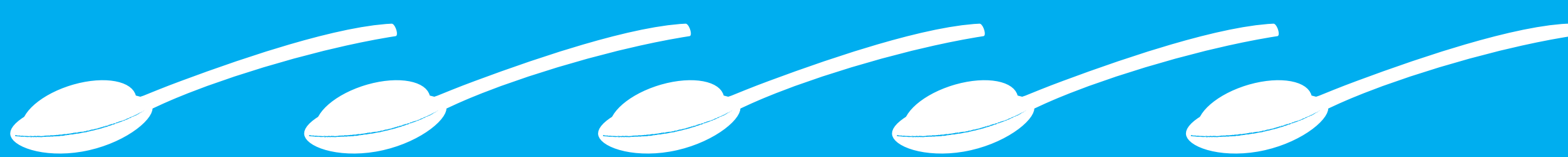
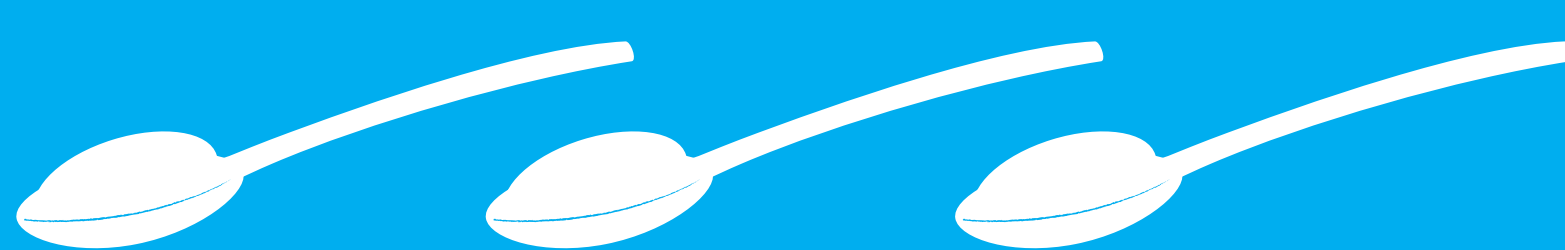


How much SUGAR is in your drink?

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%
Sugar	68g	6.8g	64%
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