READ it before you EAT it!

**ACTIVITY**

Understanding the NUTRITION FACTS labels found on foods is an important skill when making healthy choices about the food we eat.

The grams of SUGAR in a serving are listed under CARBOHYDRATES. Most of us do not calculate measurements in grams, but in teaspoons or cups. Divide the number of grams by 4 to find the number of teaspoons of sugar.

Also, remember that the % Daily Value listed on the right side of the label is always for ONE serving.

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1. How many grams of sugar would you consume if you ate 1 serving of Snack B? _____ grams
2. Which snack do you think is the granola bar? _____ the candy bar? _____
3. Which beverage choice contains less sugar? _____
4. About how many teaspoons of sugar are in the entire beverage A container? _____ teaspoons
5. Which beverage do you think is a can of soda? _____ milk? _____
6. If the granola bar came in a package of 2, how many teaspoons of sugar would be in the total package? _____ teaspoons

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