

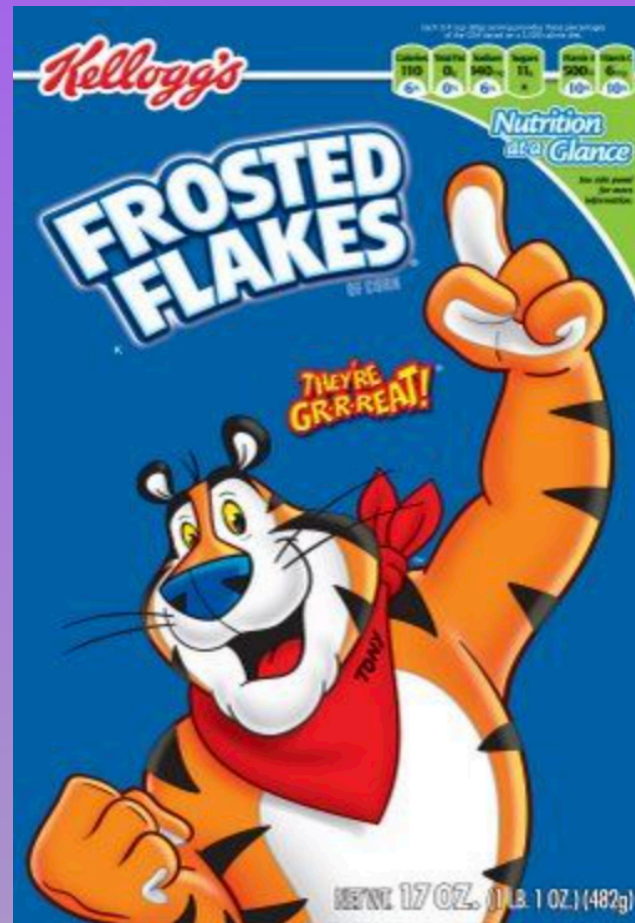
How much **SUGAR** do you consume?



1g of sugar



0.25
teaspoons



11g of sugar



2.75
teaspoons



3g of sugar



0.75
teaspoons

*4g of sugar = 1 teaspoon