

HIDDEN SUGAR

Carbohydrates (g.) convert quickly to sugar (tsp.)



41g = 10¹/₄ tsp.



38g = 9¹/₂ tsp.



33g = 8¹/₄ tsp.



29g = 7¹/₄ tsp.



28g = 7 tsp.



26g = 6¹/₂ tsp.



23g = 5³/₄ tsp.



21g = 5¹/₄ tsp.



20g = 5 tsp.



15g = 3³/₄ tsp

