**HOW MANY SUGAR CUBES?**



**Directions:** For each food item, convert the grams of sugar into the number of sugar cubes one serving of the food contains. (Remember, to convert grams of sugar into cubes (or teaspoons) or sugar, divide the grams of sugar by 4).

**Example:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Food** | **Grams Sugar  per Serving** | **Divide by 4** | **Cubes of Sugar per Serving** |
| Glazed Doughnut (One Twist) | 24 | ÷ 4 | = **6** Cubes |

Your Turn!

|  |  |  |  |
| --- | --- | --- | --- |
| **Food** | **Grams Sugar  per Serving** | **Divide by 4** | **Cubes of Sugar per Serving** |
| Maple Syrup (2 Tablespoons) | 28 | ÷ 4 | = **\_\_\_\_\_\_\_**Cubes |
| Gummy Bears (10 Small Bears) | 12 | ÷ 4 | = **\_\_\_\_\_\_\_**Cubes |
| Ice Cream Bar (One Small) | 20 | ÷ 4 | = **\_\_\_\_\_\_\_**Cubes |
| Chocolate Chip Cookie  (One Large) | 16 | ÷ 4 | = **\_\_\_\_\_\_\_**Cubes |
| Lemon-Lime Soda  (12-ounce Can) | 32 | ÷ 4 | = **\_\_\_\_\_\_\_**Cubes |

**REMEMBER:** For your best health, don’t take in (eat and drink) more than 8 sugar cubes of added sugar per day! Choose what you like best, and enjoy a small portion!

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