

Calories can easily creep into your body!

(If you invite them in!)

Each cube of sugar shown below represents a teaspoonful.
One teaspoon of granulated white sugar is equal to about 4.2 grams.

One gram of sugar contains 4 calories.

(Ex. The can to the left in the first picture contains 10 cubes =
10 teaspoons of sugar. Multiply 10 spoons or cubes by 4.2 grams = 42 grams.

Multiply 42 grams by 4 calories = 168 calories from sugar!

Choose wisely!













