

Sugar Conversion Chart

(4 grams = 1 teaspoon of sugar)

grams (weight)	teaspoons (volume)
1	1/4
2	1/2
3	3/4
4	1
5	1 + 1/4
6	1 + 1/2
7	1 + 3/4
8	2
9	2 + 1/4
10	2 + 1/2
11	2 + 3/4
12	3
13	3 + 1/4
14	3 + 1/2
15	3 + 3/4
16	4
17	4 + 1/4
18	4 + 1/2
19	4 + 3/4
20	5
24	6
28	7
32	8
36	9
40	10
44	11
48	12
52	13
56	14
60	15
64	16
68	17
72	18
76	19
80	20