

Sugar Conversion Chart

(4 grams = 1 teaspoon of sugar)

grams (weight)	teaspoons (volume)
1	$\frac{1}{4}$
2	$\frac{1}{2}$
3	$\frac{3}{4}$
4	1
5	$1 + \frac{1}{4}$
6	$1 + \frac{1}{2}$
7	$1 + \frac{3}{4}$
8	2
9	$2 + \frac{1}{4}$
10	$2 + \frac{1}{2}$
11	$2 + \frac{3}{4}$
12	3
13	$3 + \frac{1}{4}$
14	$3 + \frac{1}{2}$
15	$3 + \frac{3}{4}$
16	4
17	$4 + \frac{1}{4}$
18	$4 + \frac{1}{2}$
19	$4 + \frac{3}{4}$
20	5