

Example calculation:



Look at the table of Nutritional Information:

	Per 100g	Per tube
Energy	431 kJ 102 kcal	
Fat	2.8 g	1.1g
of which saturates	1.9 g	0.8g
Carbohydrate	13.4 g	
of which sugars	12.9g	5.2g
Fibre	<0.1 g	
Protein	4.9 g	
Salt	0.12 g	

5.2g sugar divided by 4 = 1.3 teaspoons of sugar

(1 rounded teaspoon = 4g sugar)

1 teaspoon* sugar per tube

***Number of teaspoons is approximate**

You must use the asterisk (*) and explanation (as above) with your calculation to show that it is approximate unless the amount per item has divided exactly by 4.

You can round up when the remainder is bigger than 0.6 or round down when the remainder is below 0.4. If there is exactly 0.5 left, then use $\frac{1}{2}$ teaspoon.

Examples:

e.g. $7.2 / 4 = 1.8$ so 2* teaspoons sugar per item

e.g. $10.3 / 4 = 2.57$ so 2 $\frac{1}{2}$ teaspoons sugar per item

e.g. $5.6 / 4 = 1.4$ so 1* teaspoons sugar per item