

What Are You REALLY DRINKING?

Here's a look at some popular beverages as well as what their equivalents would be in sugar cubes, candy or fruit.



MOUNTAIN DEW 20 OUNCE BOTTLE | 290 CALORIES

19 1/4 Sugar cubes

43 Haribo Gummy Bears®

9 clementines

20 OUNCE BOTTLE | 240 CALORIES **COCA-COLA**

2 1/2 cups of grapes

7 pieces of Twizzlers® strawberry licorice

16 1/4 Sugar cubes

MONSTER ENERGY 20 OUNCE BOTTLE | 230 CALORIES

13 1/2 Sugar cubes

7 packages of Laffy Taffy®

2 apples, any variety

32 OUNCE BOTTLE | 230 CALORIES **GATORADE® TROPICAL COOLER**

5 cups of watermelon

1 full-size package of Skittles®

13 Sugar cubes

STARBUCKS VANILLA FRAPPUCCINO 13.7 OUNCE BOTTLE | 290 CALORIES

13 Sugar cubes

1 king-size Snickers® bar

3 full cups of blueberries

16 OUNCE BOTTLE | 160 CALORIES **SNAPPLE PEACH TEA**

3 peaches

8 Jolly Rancher® candies

10 Sugar cubes

VITAMINWATER® 20 OUNCE BOTTLE | 100 CALORIES

8 Sugar cubes

1 KitKat® candy bar

2 cups fresh raspberries

8.5 OUNCE CAN | 110 CALORIES **RED BULL**

2 1/2 cups of cantaloupe

12 Pixy Stix®

7 Sugar cubes

GT'S KOMBUCHA HIBISCUS GINGER 16 OUNCE BOTTLE | 60 CALORIES

4 Sugar cubes

6 Gobstoppers®

1 1/2 kiwi fruit