**How much Sugar and Calories?**

**Red Bull:** (250ml) 27g calories 110

**Coke:** 39g calories 140

**Miss Vickie’s Sea Salt and Malt Vinegar:** (50g) 2 g calories 202

**McDouble:** 7g 390 calories

**Kit Kat:** (100g) 49g 518 calories

**Skittles:** 47g 231 calories

**Apple Juice Box:** 19g 80 calories

**Slurpee:** (1 cup-250ml) 17g 66 calories per cup

**Milk:** (1 cup- 250ml) 12g 130 calories per cup

**Water:** 0g 0 calories

**Apple:** 10g 52 calories

**Froot loops:** (1 cup-250ml) 12g 110 calories plus milk 150 calories

Sugar Cubes are approximately 3 grams (4 calories)