

Rita's Water Ice Healthy or Not?

Rita's Water Ice Flavor's	Calories	Sodium	Sugars
Banana	360	30	87
Cherry	260	35	63
Cotton Candy	320	25	78
Margarita	280	45	70
Total	1220	135	298
Average	305	34	75

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My graph tells you how much sodium, calories, and sugars are in Rita's water ice. The water ice flavors I selected are Banana, Cherry, Cotton Candy, and Margarita. Additionally, on the chart it shows that Banana has the most calories and Cherry has the least. Banana also has the most sugars. Therefore, Banana is the unhealthiest water ice flavor. Cherry is the healthiest because it has the least amount of calories, sodium, and sugars.

