

\$32 per Gallon More to Put Junk in Your Trunk

Contributed by Skinny Myths

If you thought we had an energy crisis of \$4 a gallon, think again.

It may cost you \$32.36 more per gallon when putting junk in your trunk vs. eating healthier, non-junk food.

SkinnyMyths.com took a random sample of grocery items, divided them up into "junk vs. non-junk."

Putting junk in your trunk costs you the average consumer \$49.12 vs. a basket of healthier food at \$16.76.

Message from SkinnyMyths.com: Eat healthy and save yourself \$32 a gallon on energy of a different kind!

Junk: Avg \$49.12 per gallon

- Rock Star Coffee and Energy Drink, Roasted Latte – \$22.96/gallon

(5.74/quart x 4 quarts in a gallon = 22.96)

- General Mills Cocoa Puffs – \$50.87/gallon

(128 ounces in a gallon / 11.8 ounces of cereal = 10.847 x \$4.69= 50.87)

- Kikkoman Soy Sauce = \$28.01/gallon

(7.01/quart x 4 quarts in a gallon = 28.01)

- Hidden Valley Original Ranch Salad Dressing = \$21.28/gallon

(5.32/quart x 4 quarts in a gallon = 21.28)

- Cake Mate Decorations Chocolate Sprinkles = \$149.94/gallon

(128 ounces in a gallon / 1.75 ounces of sprinkles = 73.14 x \$2.05 = 149.94)

- Annie's Classic Macaroni and Cheese = \$54.61/gallon

(128 ounces in a gallon / 6 ounces of macaroni = 21.33 x 2.56 = 54.61)

- Jelly Belly Sour Jelly Beans = \$58.33/gallon

(128 ounces in a gallon / 7 ounces of jellybeans = 18.29 x 3.19 = 58.33)

- Ben and Jerry's Brownie Batter Ice Cream = \$28.00/gallon

(7.00/quart x 4 quarts in a gallon = 28)

- Hellmann's Big Squeeze Mayonnaise = \$28.08/gallon

(7.02/quart x 4 quarts in a gallon = 28.08)

Not Junk: Avg \$16.76 per gallon

- Aquafina Purified Bottled Water- \$8.88/gallon

(2.22/quart x 4 quarts in a gallon = 8.88)

- Cream of Wheat Hot Cereal - \$43.93/gallon

(128 ounces in a gallon / 12.5 ounces of cereal = 10.24 x \$4.29=43.93)

- Jif Creamy Peanut Butter = \$18.24/gallon

(128/28 = 4.57 x \$3.99 = 18.24)

- Dannon Blueberry Fruit On The Bottom Yogurt = \$14.93/gallon

(128 ounces in a gallon / 6 ounces of yogurt = $21.33 \times .70 = 14.93$)

- Beatrice Egg Beaters = \$25.16/gallon

(128 ounces in a gallon / 32 ounces of yogurt = $4 \times 6.29 = 25.16$)

- Bush Brother Country Style Baked Beans = \$10.01/gallon

(128 ounces in a gallon / 28 ounces of beans = $4.57 \times 2.19 = 10.01$)

- Ocean Spray Cranberry Apple Juice = \$5.00/gallon

(1.25/quart x 4 quarts in a gallon = 5)

- Unsweetened Organic Soy Milk = \$8.00/gallon

(2.00/quart x 4 quarts in a gallon = 8)