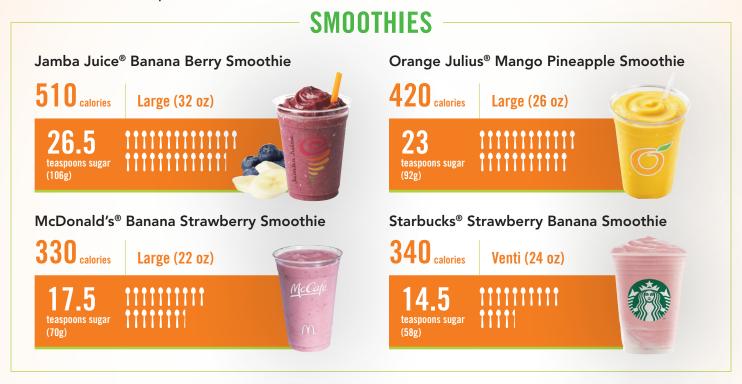


SMOOTHIE SMACKDOWN

Smoothies may seem like a healthy snack, but don't be fooled by their image. Even though they are made with fruit, there can be a lot of calories and sugar hiding in the blender — more than a large soda or blended coffee drink. See how your favorite brand measures up.





One teaspoon sugar = 4 grams (g)

TIPS TO KEEP YOUR SMOOTHIE HEALTHIER

Avoid fruit juices or sweetened beverages: Use low- or non-fat plain milk, unsweetened milk alternatives, or a vegetable juice as a base.

Omit sweetened yogurts: Use low- or non-fat plain yogurt.

Consider diabetic or pre-diabetic conditions: To be on the safe side, make sure your smoothies have no more than 15-30 grams of total carbohydrates per serving and are made with high-fiber foods, like whole fruits. Adding protein and healthy fats can also help balance blood sugar.

