

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.

SMOOTHIES

Jamba Juice® Banana Berry Smoothie

510 calories | Large (32 oz)

26.5 teaspoons sugar (106g)



Orange Julius® Mango Pineapple Smoothie

420 calories | Large (26 oz)

23 teaspoons sugar (92g)



McDonald's® Banana Strawberry Smoothie

330 calories | Large (22 oz)

17.5 teaspoons sugar (70g)



Starbucks® Strawberry Banana Smoothie

340 calories | Venti (24 oz)

14.5 teaspoons sugar (58g)



COMPARE TO SUGAR-SWEETENED BEVERAGES

Coca Cola®

240 calories | 20 oz

16.25 teaspoons sugar (65g)



Starbucks® Vanilla Frappuccino®

530 calories | Venti (24 oz)

22 teaspoons sugar (88g)



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.