

Smoothies: Cool Off Deliciously Without Packing It On

Smoothies Nutrition Comparison

As with all EN comparisons, this is only a sampling of what's available. Products are listed alphabetically.

✓= EN's Picks. Restaurant picks contain no more than 250 calories (13% DV), 1.5 g of fat (2% DV), and 55 g of carbohydrate (22% DV). Supermarket picks contain no more than 140 calories (7% DV), 1 g of fat (2% DV), and 33 g of carbohydrate (13% DV).

Smoothies	Serving	Calories	Fat (g)	Carbs (g)	Sugar (g)	Protein (g)
RESTAURANT SMOOTHIES (SMALLEST SIZE AVAILABLE)						
Dunkin Donuts Strawberry Coolatta, small	16 oz	300	0	72	65	0
✓ Dunkin Donuts Tropicana Orange Coolatta, small	16 oz	220	0	52	50	1
Jamba Juice All Fruit Pomegranate Paradise	16 oz	240	0.5	60	53	1
Jamba Juice Blended with a Purpose Protein Berry Workout	16 oz	270	1	51	42	15
Jamba Juice Classics Aloha Pineapple	16 oz	290	1	67	63	5
Jamba Juice Creamy Treats Chocolate Moo'd	16 oz	430	4	86	77	11
✓ Jamba Juice Light Berry Fulfilling	16 oz	150	0.5	32	24	6
Panera Low Fat Black Cherry	16 oz	290	1.5	63	53	6
✓ Panera Low Fat Mango	16 oz	230	1.5	51	48	6
Panera Low Fat Strawberry with Ginseng	16 oz	260	1.5	59	53	6
Smoothie King Blueberry Heaven	20 oz	325	1	73	64	7
Smoothie King Fruit Fusion	20 oz	355	1	76	66	9
Smoothie King Go Goji	20 oz	433	0	104	104	1
Smoothie King Low Carb Chocolate	20 oz	268	9	7	3	39
Smoothie King Mo'cuccino Mocha	20 oz	444	12	73	69	10
Sonic Drive In Strawberry, regular	14 oz	500	0	124	98	1
Sonic Drive In Tropical Fruit, regular	14 oz	440	0	108	76	1
Tropical Smoothie Café Blimey Limey	24 oz	471	0	117	n/a	0.5
Tropical Smoothie Café Coffee Caramel Cream	24 oz	791	11	167	n/a	6
✓ Tropical Smoothie Café Island Fever with Splenda	24 oz	222	0	53	n/a	1.7
Tropical Smoothie Café Health Nut	24 oz	528	7	92	n/a	25
SUPERMARKET PREMADE SMOOTHIES						
Bolthouse Farms Amazing Mango	8 oz	170	0	40	31	1
✓ Bolthouse Farms Berry Boost	8 oz	110	0	30	26	1
Bolthouse Farms Blue Goodness	8 oz	170	0	41	28	1
Bolthouse Farms CBoost	8 oz	152	0	36	30	1
✓ Bolthouse Farms Green Goodness	8 oz	140	0	33	27	2
Naked Juice Acai Machine	8 oz	160	3	31	24	2
✓ Naked Juice Gold Machine	8 oz	140	0	32	26	2
✓ Naked Juice Green Machine	8 oz	140	0	33	28	1
Naked Juice Protein Zone	8 oz	220	2	34	28	16
✓ Naked Juice Watermelon Chill	8 oz	130	0	32	31	1
Odwalla Blueberry B	8 oz	140	0	34	23	0
Odwalla Citrus C	8 oz	150	0	36	27	2
Odwalla Mo'Beta	8 oz	150	0	37	26	1
✓ Odwalla Red Rhapsody	8 oz	110	0	26	22	1
✓ Odwalla Strawberry Banana	8 oz	130	0	31	26	1
✓ Sunkist Naturals Berry Cherry Bountiful	8 oz	130	0	31	24	1
SUPERMARKET FROZEN SMOOTHIE MIXES (AS PREPARED)						
Small Planet Foods Berry Pomegranate Smoothie Kit	8 oz	90	1.5	19	11	1
Small Planet Foods Mango Banana Smoothie Kit	8 oz	110	1.5	23	17	1
Small Planet Foods Strawberry Banana Smoothie Kit	8 oz	90	1.5	19	11	1
Yoplait Smoothie, all flavors	8 oz	110	1.5	19	15	5

Note: g=gram, oz=ounce, n/a=not available, DV=Daily Value, daily requirement based on 2,000 calorie/day diet.

Source: Food manufacturer labels and company websites.

They're refreshing, fruity and satisfying—what's not to like? Many smoothies make claims of enhanced energy, antioxidant power, and more. Menus and ingredient lists boast fruit, juice, yogurt, soy protein, and the list goes on. Are these drinks truly the health-in-a-bottle they claim to be or are they the nutritional equivalent of a milkshake?

Helpful Hints

Many smoothies follow through on their healthy promise while not endangering your waistline; but you need to know what to watch out for:

- **Serving sizes.** The serving size for supermarket smoothies is eight ounces, however, most bottles contain almost two servings. The smallest size for restaurant smoothies ranges from 16 to 24 killer ounces.
- **Calories.** Some smoothies pack in over 700 calories per serving, and the usual culprit is added sugars. These calories can really add up if you treat yourself to a smoothie with a meal or a between-meal snack. Due to the higher calorie and sugar content, if you fancy restaurant smoothies, limit yourself to only a couple per week.
- **Above and beyond.** Fruits are naturally good sources of vitamins and fiber, but many smoothies have added nutrients—too much of a good thing is possible. One example is fat soluble vitamins—A, D, E and K, because the excess is stored in the body so they pose a greater risk for toxicity. Try to avoid getting much more than 100 percent of the Daily Value for vitamins and minerals, keeping in mind that you can also get these nutrients in supplements and foods.

Making your own. If you're a DIYer in the kitchen, whipping up your own scrumptious concoction is as easy as one, two, three. Whip one-half cup nonfat yogurt, one cup fruit, and one-half cup nonfat milk or 100% juice in your blender. Let your creativity shine: Choose one fruit or a combination of fruits, like banana, berries, mango, and peaches.

— Heidi McIndoo, M.S., R.D.