



cool down without bulking up

Giant frozen concoctions may offer sweet relief on a hot summer day, but what hits the spot can also pack a wallop of calories and fat. Here's how to make sure you won't need to hit the gym every time you cool off.

Heidi McIndoo, R.D.

BRAND	CAL	FAT	PLUS
Caribou Coffee Mint Oreo Cooler (small)	620	26 grams	Has more saturated fat than many fast-food double cheeseburgers!
Starbucks White Chocolate Frappuccino blended crème with whipped cream (grande)	610	19 grams	Contains 420 mg of sodium
Jamba Juice Peanut Butter Moo'd	530	11 grams	Has 60 percent of your daily calcium, but also 21 tsp sugar
Dunkin' Donuts Vanilla Bean Coolatta	440	17 grams	Contains almost a day's worth of saturated fat and 17 tsp sugar
Caribou Coffee Iced Mocha (small)	290	7 grams	Contains 2 percent of your daily vitamin A and 60 percent of your daily calcium
Jamba Juice Berry Fulfilling	260	1 gram	Packed with antioxidants; contains 45 percent of your daily calcium and 80 percent of your daily vitamin C
Dunkin' Donuts Coffee Coolatta with Skim Milk	170	0 grams	Contains 15 percent of your daily calcium
Starbucks Iced Vanilla Latte with nonfat milk (grande)	160	0 grams	Contains 8 g protein and 20 percent of your daily calcium