

Restaurant Guide

Sensational Smoothies



There's something so refreshing about a cool, creamy smoothie. Fruit mixed with protein-packed yogurt—what could be healthier? But not all smoothies are created equal, and many restaurant smoothies are a far cry from healthy. Some small-sized smoothies contain more calories than one cup of premium ice cream and more sugar—29 teaspoons (tsp)—than two-and-half cups of the same ice cream.

However, you can find smoothies at your local smoothie shop with lighter calorie and sugar loads and a healthy dose of fiber and protein. Because even the healthier ones contain fruit and usually a source of dairy, they still contain natural sugars, so choose those with the lowest amounts. A well-chosen smoothie can be a delicious snack or occasional meal-on-the-go. However, before you start drinking all of your meals, remember the best diet is one made up of a variety of whole foods.

Helpful hints. Think about these tips the next time you order up fruity refreshment.

- ▶ **Stick with small.** Even the most nutritious smoothies tend to be calorie-dense and contain a fair amount of sugar. The larger sizes can easily have more than 500 calories and well over 100 grams (g), or 25 tsp, of sugar, though some of it is from naturally occurring sugars.
- ▶ **Check the fiber.** One nutritional benefit of fruit is fiber. Choosing smoothies with adequate fiber—aim for at least 3 g—is one way to ensure your smoothie contains a decent amount of fruit instead of just juice.
- ▶ **Add-ins.** A basic smoothie may be simply fruit and yogurt, but these days you can add so much more. Vegetables help boost vitamin and antioxidant content. And powder add-ins, such as protein, greens, and vitamins, can enhance the nutritional profile, but some can negatively impact the sodium and calorie content, so be cautious. **EN**

—Heidi McIndoo, MS, RD

Restaurant Smoothies Nutritional Comparison

✓ = **EN's Picks.** As with all **EN** comparisons, this is only a sampling of products. Picks contain no more than 300 calories (15% DV) and 50 grams of sugar, and at least 3 g fiber (16% DV).



RESTAURANT SMOOTHIES	Serv Size (fl oz)	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Sugar* (g)	Protein (g)
✓ Burger King Strawberry Banana	16	280	1	0	65	50	3	46	3
Burger King Tropical Mango	16	320	0	0	76	65	1	50	5
Dunkin Donuts Strawberry Banana	16	290	2	1.5	62	80	2	54	5
Dunkin Donuts Tropical Mango	16	290	2	1	65	80	1	59	5
Jamba Juice Acai Berry Charger Superfood	16	320	7	1.5	60	45	6	49	5
Jamba Juice Aloha Pineapple Classic	16	310	1	0	67	35	2	67	7
Jamba Juice Aloha Pineapple Classic "Make it Light"	16	190	0	0	40	135	2	36	10
Jamba Juice Amazing Greens Whole Food Nutrition	16	420	13	2	72	40	5	54	11
✓ Jamba Juice Berry upBEEET Fruit & Veggie	16	240	1	0	52	140	9	40	3
Jamba Juice Orange C-Booster Functional	16	250	1	0.5	60	15	2	55	4
✓ Jamba Juice Peach Mango Fit'n Fruitful	16	300	4.5	0.5	55	65	6	41	11
✓ Jamba Juice Pomegranate Paradise All-Fruit	16	240	0	0	61	25	4	50	1
✓ McDonald's Blueberry Pomegranate	12	200	0.5	0	46	35	3	40	2
McDonald's Mango Pineapple	12	200	0.5	0	45	35	1	42	2
McDonald's Strawberry Banana	12	190	0.5	0	43	45	2	40	3
Orange Julius OrangeBerry Light	15	170	0	0	44	15	0	39	0
Orange Julius Pina Colada	16	240	0	0	58	100	1	53	3
Orange Julius Strawberry	15	220	0	0	53	85	0	44	3
Orange Julius Tripleberry Light	15	160	0	0	41	10	0	39	0
✓ Panera Blueberry Pomegranate w/ Coconut Milk	16	250	3.5	1.5	59	35	14	40	3
Panera Green Passion Power	16	200	0	0	51	30	2	47	2
Panera Low-Fat Mango	16	270	1.5	1	59	100	2	54	7
✓ Red Mango Berry Banana Fruit & Yogurt	16	240	0.5	0	56	220	3	50	5
Red Mango The Pineapple Point Twisted Fruits	16	240	0	0	56	200	2	49	3
✓ Red Mango The Raspberry Jammin' All Fruit Harmony	16	190	1	0	46	5	7	23	2
Red Mango The Super PB Cup Body Balance	16	380	12	2.5	59	310	3	52	9
Smoothie King Apple Kiwi Kale Wellness Blend	20	277	0	0	68	109	2	62	1
Smoothie King Greek Yogurt Peach Papaya Slim Blend	20	340	1	0	73	160	4	57	12
Smoothie King Lean1 Chocolate Slim Blend	20	310	12	1	38	360	10	16	19
Smoothie King Lemon Twist Strawberry Take a Break Blends	20	398	0	0	97	10	3	94	1
Smoothie King Original High Protein Banana Fitness Blend	20	314	9	1	32	297	4	23	27
✓ Starbucks Chocolate Smoothie w/ Nonfat Milk	16	300	2.5	1.5	53	160	8	34	20
Starbucks Evolution Fresh Mango Carrot	24	370	0.5	0	84	80	6	63	9
Starbucks Evolution Fresh Sweet Greens	24	310	1	0	69	160	5	52	9
Tropical Smoothie Cafe Avocolada Superfood	24	592	22	5	96	113	6	87	3
Tropical Smoothie Cafe Blimey Limey Classic	24	386	0	0	99	15	1	97	1
✓ Tropical Smoothie Cafe Get up and Goji Superfood w/ Splenda	24	249	0	0	60	34	3	47	2
Tropical Smoothie Cafe Kiwi Quencher Classic w/ Splenda	24	254	0	0	60	38	1	56	2
Tropical Smoothie Cafe Mocha Madness Indulgent	24	588	5	4	126	128	3	117	4
Tropical Smoothie Cafe Triple Berry Oat Supercharged	24	541	3	0	116	29	7	89	16

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, based on 2,000 calorie/day diet. Source: Restaurant Websites. Note: all smoothies are for the smallest size available, excluding kid-size. *Grams of sugar may include those found naturally in fruit, vegetables, and dairy products.