



Restaurant Guide

The Buzz on Smoothies

Ideally, smoothies make a perfect meal to start your day or fuel your afternoon snack. Fruit and veggies blended with yogurt or milk is a great way to boost your vitamin, mineral, fiber, antioxidant, and protein intake, right? Sadly, not all smoothies from restaurants are healthful; many are loaded with ice cream and sweeteners, with minimal nutritious ingredients, such as yogurt, fruits, and vegetables.



Look for smoothies that are lower in sugar.

The most nutrient-packed smoothie contains whole fruits and vegetables (not juice), and non-fat yogurt (preferably Greek) or milk, with little (or no) added sugar. Because these healthful ingredients contain naturally-occurring sugar, using only grams of sugar on the label to gauge healthfulness can be deceiving. The fiber content can be a better indication of the presence of fruits or vegetables, as well as protein—a marker for yogurt or milk. Check out the calories as well. Even if a smoothie provides fiber and protein, you don't need to be drinking the caloric equivalent of two fast food deluxe cheeseburgers (nearly 1,000 calories) in a small drink.

Helpful Hints. Keep these tips in mind the next time you belly up to the smoothie bar.

- ▶ **Good Things Come in Small Packages.** To help keep your calories and sugar in check, choose the smallest size possible, or split a smoothie with a friend.
- ▶ **Look Beyond the Name.** Don't let terms like “wellness,” “fitness,” or even “low-fat” make you think those smoothies are the best choices. They can still be high in sugar and low in fiber. In fact, at one restaurant we surveyed, smoothies labeled “low-fat” had significantly more calories and sugar than those without this special claim.
- ▶ **“Why” Matters.** Let the mission for your smoothie guide your choice. If the smoothie will serve as your breakfast, choose a high-protein, high-fiber option to help keep you satiated longer. For a midday snack, look for low-calorie and low-sugar smoothies. **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 350 calories (18% DV), and 44 g sugar*, and at least 4 g fiber (16% DV) and 4 g protein (8% DV).

RESTAURANT SMOOTHIES

	Serving Size (oz)	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Sugar* (g)	Protein (g)
Burger King Strawberry Banana Smoothie	16	310	1	0	71	55	3	50	4
Burger King Tropical Mango Smoothie	16	370	0	0	86	70	2	56	5
Dunkin Donuts Strawberry Banana Smoothie (small)	16	290	2	1.5	62	80	2	54	5
Jamba Juice Aloha Pineapple Classic Smoothie (small)	16	310	1	0	67	35	2	67	7
✓ Jamba Juice Apple 'n Greens Fruit & Veggie Smoothie (small)	16	250	1	0	60	55	4	45	4
Jamba Juice Cookies 'n Crème Protein Smoothie (small)	16	480	15	6	59	360	1	37	28
Jamba Juice Kale-ribbean Whole Foods Nutrition Smoothie (small)	16	320	3	0	66	75	6	48	10
Jamba Juice Orange Dream Machine Creamy Treat Smoothie	16	350	1	1	76	150	0	71	8
Jamba Juice Pomegranate Paradise All Fruit Smoothie (small)	16	240	0	0	61	25	4	50	1
McCafé Mango Pineapple Smoothie (medium)	16	250	1	0	57	45	1	52	3
McCafé Strawberry Banana Smoothie (medium)	16	240	1	0	55	50	3	49	3
Panera Carrot Pineapple Smoothie (medium)	16	200	0	0	51	45	4	44	2
Panera Green Passion Smoothie (medium)	16	200	0	0	51	30	2	47	2
Panera Lowfat Mango Smoothie (medium)	16	300	2	1.5	62	95	2	57	7
Panera Lowfat Strawberry Smoothie (medium)	16	290	2	1.5	62	90	2	57	7
✓ Planet Smoothie Berry Bada-Bing (small)	16	300	0	0	72	75	9	37	6
✓ Planet Smoothie Billy Bob Banana Smoothie (small)	16	280	0.5	0	69	90	9	28	7
Planet Smoothie Chocolate Elvis Smoothie (small)	16	410	15	3	65	220	9	26	12
✓ Planet Smoothie Frozen Goat Smoothie (small)	16	210	0	0	51	100	7	20	7
✓ Planet Smoothie Lean Green Extreme Smoothie (small)	16	210	1.5	0	41	200	4	29	11
Smoothie Factory Citrus Greens (small)	20	240	0.5	0	60	40	4	34	3
Smoothie Factory Ginger Berry Green (small)	20	190	1	0	47	30	7	36	3
Smoothie Factory PB Powerhouse (small)	20	540	8	1	85	55	8	23	25
✓ Smoothie Factory The Banana Smoothie (small)	20	350	2	1	72	55	5	32	13
Smoothie Factory The Classic Shake (small)	20	680	25	16	104	170	2	80	12
Smoothie King Berry Carrot Dream Wellness Blends Smoothie (small)	20	278	0	0	68	153	5	58	1
Smoothie King Carrot Kale Dream Wellness Blends Smoothie	20	222	1	0	50	155	3	40	4
Smoothie King Greek Yogurt Strawberry Blueberry Slim Blend Smoothie (small)	20	330	0	0	72	165	5	61	11
Smoothie King The Hulk Strawberry Fitness Blend Smoothie (small)	20	964	32	13	145	288	8	125	25
✓ Smoothie King Vegan Dark Chocolate Banana Wellness Blend Smoothie (small)	20	320	5	2	70	115	11	35	11
✓ Starbucks Chocolate Smoothie (nonfat milk)	16	300	2.5	n/a	53	160	8	34	20
✓ Starbucks Strawberry Smoothie (nonfat milk)	16	290	1	n/a	60	125	7	41	16
Tim Horton's Pineapple Orange Fruit Smoothie with Greek Yogurt (medium)	16	260	0	0	56	75	0	55	8
Tim Horton's Strawberry Banana Fruit Smoothie with Greek Yogurt (medium)	16	230	0	0	52	65	1	47	8
Tropical Smoothie Cafe Blueberry Bliss Classic Smoothie	24	311	1	0	78	3	4	67	1
Tropical Smoothie Cafe Detox Island Green Superfood Smoothie	24	182	0	0	48	32	5	32	2
Tropical Smoothie Cafe Island Green Superfood Smoothie	24	377	0	0	97	31	4	83	2
Tropical Smoothie Cafe Kiwi Quencher Classic Smoothie	24	430	0	0	103	38	1	100	2
Tropical Smoothie Cafe Mocha Madness Indulgent Smoothie	24	588	5	4	126	128	3	117	4
Tropical Smoothie Cafe Peanut Paradise with Whey Super Charged Smoothie	24	675	18	3	101	208	5	81	32

*Sugar listed may include naturally-occurring sugars in whole foods, such as fruit and dairy products. Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, Daily requirement based on 2,000 calorie/day diet. Source: company websites