

The Worst Drinks in America

WORST CHOCOLATE MILK

11 Nesquik (16-ounce bottle)

- 400 calories
- 10 g fat (6 g saturated)
- 60 g sugars

Nesquik seals its fate on our Worst List in two ways. The first is with the oversize dose of sugar; it's enough to give each 8-ounce serving as much sugar as a Snickers bar. The second problem is the bottle; it's twice the size of a normal serving of milk. Don't give up on the treat—studies show the balance of protein, fat, and carbs in chocolate milk makes a great

postworkout recovery beverage. Just reach for the low-fat variety or drink the regular stuff in moderation.

Drink This Instead!

Organic Valley Lowfat Chocolate Milk (8-ounce carton)

- 160 calories • 2.5 g fat (1.5 g saturated)
- 25 g sugars

WORST BOTTLED SMOOTHIE

10 Naked Protein Zone Banana Chocolate (15.2-ounce bottle)

- 480 calories
- 3 g fat (1 g saturated)
- 32 g protein
- 70 g sugars

Naked makes fantastic smoothies, but this isn't one of them. The flood of protein can't justify the calorie counts, which will catapult your blood sugar and activate your body's fat-storing mechanism. Shave off a few by going out for a nice dinner. A 6-ounce sirloin steak has 60 percent more protein and 160 fewer calories.

Drink This Instead!

Bolthouse Farms Perfectly Protein Vanilla Chai Tea (15.2-ounce bottle)

- 300 calories • 5.5 g fat (2 g saturated)
- 19 g protein • 40 g sugars

WORST SLUSH

9 Sonic Route Large Lemon-Berry Cream Slush (20 ounces)

- 630 calories
- 15 g fat (9 g saturated, 0.5 g trans)
- 99 g sugars

To be fair, this belly blaster is more of a shake-slush hybrid: half sugar-saturated ice and half high-fat ice cream. Think it sounds tasty alongside a Sonic Cheeseburger and fries? Maybe so, but that's a meal that will cost you more than 1,500 calories.

Drink This Instead!

Small Strawberry Real Fruit Slush (14 ounces)

- 210 calories • 0 g fat • 52 g sugars

WORST HOLIDAY COFFEE DRINK

8 Starbucks Venti 2% Peppermint White Chocolate Mocha (20 ounces)

- 660 calories
- 22 g fat (15 g saturated)
- 95 g sugars

Between the candies and the casseroles, we already have plenty of temptations to deal

The Truth about Diet Soda

When confronted with the growing tide of calories from sweetened beverages, the first response is, "Why not just drink diet soda?" Well, for a few reasons.

- **Just because diet soda is low in calories doesn't mean it can't lead to weight gain.**

It may have only 5 calories or less per serving, but emerging research suggests that consuming sugary-tasting beverages—even if they're artificially sweetened—may lead to a high preference for sweetness overall. That means sweeter (and more caloric) cereal, bread, dessert—everything.

- **Guzzling these drinks all day long forces out the healthy beverages you need.**

Diet soda is 100 percent nutrition free, and again, it's just as important to actively drink the good stuff as it is to avoid that bad stuff. So 1 diet soda a day is fine, but if you're downing 5 or 6 cans, that means you're limiting your intake of healthful beverages, particularly water and tea.

- **There remain some concerns over aspartame, the low-calorie chemical used to give diet sodas their flavor.**

Aspartame is 180 times sweeter than sugar, and some researchers claim to have linked it to brain tumors and lymphoma. The FDA maintains that the sweetener is safe, but reported side effects include dizziness, headaches, diarrhea, memory loss, and mood changes. Bottom line: Diet soda does you no good, and it might just be doing you wrong.



760 calories
Starbucks Salted Caramel Hot Chocolate

For the caloric cost of this towering hot chocolate, you could slurp down 6 mugs of Swiss Miss and still have calories to spare.