

The Art of Fitness is Making Smart Choices

Be healthy. Know before you buy and buy only what you know. Read the nutrition labels and be aware of fancy packaging, cute names and deceptive marketing.

10 of some of the Worst Drinks in America

Worst Water: Snapple Agave Melon Antioxidant Water (1 bottle, 20 fl oz)

240 calories
0 g fat
61 g sugars

Sugar Equivalent: 2 Chocolate Éclair Ice Cream Bars

Be careful you don't get tricked into paying a premium price for gussied-up sugar water. Be aware of how some marketing minds in the bottled beverage industry will try and put a new face on one of the of the world's most essential beverages – water.



Best recipe for water - two parts hydrogen, one part oxygen, and very little else.

Worst Energy Drink: Rockstar Energy Drink (1 can, 16 fl oz)

280 calories
0 g fat
62 g sugars

Sugar Equivalent: 6 Glazed Doughnuts

None of the energy provided by these full-sugar drinks could ever justify the caloric load. Your best choice is for drink is always water. Otherwise, choose a low-calorie option and watch out for all the funky extracts.



Worst Bottled Coffee: Starbucks Vanilla Frappuccino (1 bottle, 13.7 fl oz)

290 calories
4.5 g fat (2.5 g saturated)
45 g sugars

Sugar Equivalent: 32 vanilla Wafers

Most flavored coffees have an unreasonable number of calories that will test the limits of your belt buckle. These sugar flavored coffee concoctions are some of your worst options for a morning pickup.



Worst Soda: Sunkist (1 bottle, 20 fl oz)

*320 calories
0 g fat
84 g sugars*

Sugar Equivalent: 6 Oreo Ice Cream Sandwiches

Almost all sodas get 100 percent of their calories from sugar and have no nutritional value. But some are especially bad for you. Don't let the fruit flavor give you a perception of healthfulness, fruity sodas tend to carry more sugar and are tooth-achingly sweet. What makes some sodas worst still is the reliance on artificial colors and chemicals that may be linked to behavioral and concentration problems in children.



Worst Kids' Drink: Tropicana Tropical Fruit Fury Twister (1 bottle, 20 fl oz)

*340 calories
0 g fat
60 g sugars*

Sugar Equivalent: Two 7-ounce canisters Whip Cream

Watch out for high sugar soda-like drinks pretending to be “fruit drinks”. Only choose fruit drinks that are made with 100% fruit juice with no added sugar or artificial flavors and coloring.



Worst Juice Imposter: Worst Juice Imposter

Arizona Kiwi Strawberry (1 can, 23 fl oz)

*345 calories
0 g fat
81 g sugars*

Sugar Equivalent: 7 bowls of Froot Loops

Don't be fooled by so-called “juices” that in reality have enough sweet stuff to fill your belly with over 40 sugar cubes. The deceptive side of marketing these products is they try and make it look like a healthy juice product.



Worst Frozen Fruit Drink

Krispy Kreme Lemon Sherbet Chiller (20 fl oz)

*980 calories
40 g fat (36 g saturated)
115 g sugars*

Sugar Equivalent: 16 medium-size chocolate eclairs

Imagine taking a regular can of soda, pouring in 18 extra teaspoons of sugar, and then swirling in half a cup of heavy cream. Nutritionally speaking, RUN! There is enough saturated fat and sugar to leave you with a serious sucrose hangover. Do your heart a favor and avoid any of these creamy sugar bombs.



Worst Drive-Thru Shake

McDonald's Triple Thick Chocolate Shake (large, 32 fl oz)

1,160 calories
27 g fat (16 g saturated, 2 g trans)
168 g sugars

Sugar Equivalent: 13 Baked Hot Apple Pies

There are very few milk shakes worthy of your hard-earned calories, as most have more than half your day's caloric and saturated fat allotment, huge amounts of sugar, and a full day of cholesterol spiking trans fat.



Worst Smoothie

Smoothie King Peanut Power Plus Grape (large, 40 fl oz)

1,498 calories
44 g fat (8 g saturated)
214 g sugars

Sugar Equivalent: 20 Reese's Peanut Butter Cups

It should be a criminal offense to send someone out the door with a 40-ounce cup, a third of a gallon, of sweetened peanut butter blended with grape juice, milk, and bananas. Be careful and avoid sugar-and-fat-loaded smoothies, & never in more than 12-oz cups.



Worst Beverage in America

Cold Stone PB&C (24 fl oz)

2,010 calories
131 g fat (68 g saturated)
153 g sugars

Sugar Equivalent: 30 Chewy Chips Ahoy Cookies

In terms of saturated fat, drinking this catastrophe is like slurping up 68 strips of bacon. Health experts recommend capping your saturated fat intake at about 20 grams per day, but this beverage packs more than three times that. Drink this and plan on buying some bigger pants on the way to visit your heart doctor.



*Educate yourself about what you are putting in your body. Learn to read a Nutrition Label. Nutrition Labels are easy to find, easy to read, and on more foods. Use these Nutrition Facts to make informed food choices...because there is an Art to Staying Fit and the choices we make today will form habits that will either **help** or **haunt** us for the rest of our lives!*