

# Caffeinated and Energy Drinks

Drink This

Not That!!

**Java Monster™  
Lo-Ball Coffee +  
Energy**

(15 fl oz)  
100 calories  
3 g fat (2 g saturated)  
8 g sugars

This is the best of the coffee drinks. It's packed with energy inducing acids, B vitamins, and caffeine, and it's light on the sugar.

**Starbucks Coffee®  
Frappuccino® Coffee**

(9.5 fl oz)  
200 calories  
3 g fat (2 g saturated)  
32 g sugars

Each ounce of this syrupy drink contains nearly 3.5 grams of sugar.



**Red Bull® (8.3 fl oz)**

110 calories  
0 g fat  
27 g sugars

Not that Red Bull's really any better than the competition, but at least they haven't abandoned their moderate-size can. You still get a boost of B vitamins and taurine, but you do it in half the calories.

**FRS®  
Healthy Energy  
Lo Cal Peach  
Mango  
(11.5 fl oz)**

25 calories  
0 g fat  
5 g sugars

A decent way to stretch your energy reserves without stretching your waistline.

**Monster Energy®  
Lo-Carb  
(16 fl oz)**

20 calories  
0 g fat  
6 g sugars

Liquid calories are the easiest to take in, and the easiest to cut off. Start with a few simple swaps.

**Xenergy™  
Mango Guava  
(16 fl oz)**

0 calories  
0 g fat  
0 g sugars

Not only does it taste surprisingly good for a zero-calorie drink, but it has a solid supplemental vitamin package to boot.

**Rockstar  
Roasted Coffee &  
Energy Premium  
Blended Mocha  
(8 fl oz)**

100 calories  
1 g fat  
(0.5 g saturated)  
17 g sugars

Not a health drink, but it does boast coffee's antioxidant profile.

**Starbucks Coffee®  
Frappuccino®  
Vanilla (9.5 fl oz)**

200 calories  
3 g fat (2 g saturated)  
31 g sugars

Starbucks is one of the worst offenders for sugar-laden drinks.

**Sobe® Energy™  
Essential Berry  
Pomegranate  
(16 fl oz)**

240 calories  
0 g fat  
56 g sugars

Add one of these drinks to your daily routine and you'll grow a pound of flab in 2 weeks.

**Glaceau  
Vitamin Energy  
Dragonfruit  
(16 fl oz)**

200 calories  
0 g fat  
50 g sugars

In the same boat as Glaceau's vitamin waters, which is to say, nice on the nutrients, but why so high on the sugar?

**Sobe® Energy™  
Adrenaline  
Rush™  
(16 fl oz)**

260 calories  
0 g fat  
66 g sugars

If it's energy you seek, then why take in all the sugar? It will only set you up for a big crash.

**Amp Energy™  
(16 fl oz)**

220 calories  
0 g fat  
58 g sugars

11% of your day's calories and not a single serious nutrient.