

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.