



**Useful nutrition tips from
Natalie Greene, RD**

Hidden Calories in Fruit Beverages

Jamba Juice Banana Berry smoothie (24-oz original)= 450 calories

POM Pomegranate Juice (16-oz bottle) = 320 calories

Naked Juice-Orange Mango Motion (16-oz container) = 240 calories

Odwalla Citrus C Monster (16-oz container) = 300 calories

Minute Maid lemonade (20-oz bottle) = 260 calories

Why not enjoy a real piece of fruit with your breakfast for only 60 calories...

1 small apple or orange
1/2 banana or 1/2 grapefruit
3/4 cup blueberries or 3/4 cup raspberries

I love suggestions, so if you would like to submit a topic for a future tip, please email it to me.

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