



The
PTI BUZZ
Carol Kur, MSRD

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The Ten Worst drinks in America!!!

BY CATEGORY:

Beer- Sierra Nevada Bigfoot Ale-304 calories

Iced Tea-Arizona RX Energy Herbal Tonic- 300 calories

Energy Drink-Rockstar Original- 280 calories

Lemonade-Minute Maid Lemonade-250 calories

Soda-Sunkist-320 calories

Juice-Arizona Kiwi Strawberry-360 calories

Smoothie-Naked Protein Zone Banana Chocolate- 480 calories

Holiday Coffee Drink-Starbucks Venti 2% Peppermint White Chocolate Mocha -660 calories

Hot Chocolate-Starbucks Venti 2% Salted Caramel Signature-760 calories

Ice cream shake-Cold Stone Creamery PB&C Shake-2010 calories

All of these drinks have between 65 and 153 grams of sugar per serving!!!!

Play a vigorous game of tennis for just 15 minutes and burn 100 calories.

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