

»» EATING OUT

Smoothie Shop Specifics

DON'T BE FOOLED BY THE HEALTHY HYPE AT YOUR JUICE JOINT **BY VANESSA GENEVA AHERN**


You know summer's here when visions of frothy, ice-cold smoothies start haunting your hot-weather workouts. Many fast-food franchises have recognized the consumer craving for healthy smoothies. Yet with so many varieties, the choices can be

dizzying, unless you know what to look for. For instance, here's a no-brainer: It's important to watch calories (250–300 calories is a good benchmark, although we realize a few listed below go over that).

Tara Gidus, RD, LD/N, national media spokesperson for the American Dietetic Association, gives a complete checklist:

- »» Choose a smoothie that's made with fresh or frozen fruit, not a flavoring or syrup. You'll get the benefits of real fruit.
- »» Add a scoop of protein powder.
- »» Stick with low-fat milk or plain yogurt instead of frozen yogurt as a base.

Here's a sampling of good bets at the most popular smoothie shops.

SMOOTHIE JOINT	WHAT TO ORDER	NUTRITION 411	MAKE IT BETTER
 <p>Jamba Juice</p>	Protein Berry Workout Smoothie (16 oz.)	270 calories 16 g protein 53 g carbs 1 g fat 4 g fiber 45 g sugar	»» To cut calories, try a Jamba Light smoothie such as the Mango Mantra (16 oz.), which contains 160 calories, 6 g protein, 34 g carbs, 30 g sugar, 2 g fiber and is rich in vitamins A and C. Add a scoop of whey or soy protein.
 <p>Orange Julius</p>	Blueberrathon Premium Fruit Smoothie (20 oz.)	440 calories 3 g protein 110 g carbs 1 g fat 9 g fiber 78 g sugar	»» Add the Protein Boost, which offers 19 g of the muscle-building nutrient.
 <p>Panera Bread</p>	Strawberry Smoothie (22 oz.)	300 calories 6 g protein 65 g carbs 1.5 g fat 6 g fiber 49 g sugar	»» High in sugar, but the fiber comes from real fruit (strawberries) as opposed to artificial flavorings.
 <p>Robeks Juice</p>	Cardio Cooler (24 oz.)	430 calories 17 g protein 88 g carbs 2 g fat 6 g fiber 76 g sugar	»» The protein gives it staying power to keep you full. Pick from a slew of nutritional boosts such as whey or soy protein.
 <p>Smoothie King</p>	Slim-N-Trim Chocolate "Skinny" version (20 oz.)	124 calories 8 g protein 26 g carbs 1 g fat 2 g fiber 19 g sugar	»» Add the Muscle Builder enhancer to help grow your muscles and speed your postworkout recovery. It contains 100% pure creatine monohydrate and amino acids L-glutamine and taurine.
 <p>Starbucks</p>	White Chocolate Mocha Frappuccino Light Blended Coffee (grande — 16 oz.)	180 calories 6 g protein 34 g carbs 2 g fat 3 g fiber 25 g sugar	»» You get a decent amount of protein and fiber for a frappe and a good alternative to the original version, which has 410 calories and 16 grams of fat. Be sure to say, "No whip!"

PORNCHEI MITTONGTARE (6); FOOD STYLIST: BASIL FRIEDMAN