

**Worst "Healthy" Drink** *Glaceau VitaminWater (20 oz bottle)*

- 130 calories
- 33 g sugar (= can of Coke)

**Worst Lemonade** *Minute Maid Lemonade (20 oz bottle)*

- 250 calories
- 68 g sugar

**Worst Tea-Like Substance** *SoBe Zen Tea (20 oz bottle)*

- 275 calories
- 70 g sugar (high fructose corn syrup)

**Worst Iced Tea** *Lipton Iced Brisk Lemon Iced Tea (20 oz bottle)*

- 325 calories
- 81 g sugar

**Worst Energy Drink** *Rockstar Original (16 oz can)*

- 280 calories
- 62 g sugar

**Worst Coffee Alternative** *Starbucks Venti White Hot Chocolate*

- 640 calories
- 23 g fat (15 g saturated)
  - 76 g sugar

**Worst Hot Coffee** *Starbucks Venti 2% Peppermint White Chocolate Mocha*

- 660 calories
- 22 g fat (14 g saturated)
  - 95 g sugar

**Worst Smoothie** *Jamba Juice Peanut Butter Moo'd Power Smoothie (30 oz)*

- 1,170 calories
- 169 g sugar

**Worst Milkshake** *Baskin-Robbins Large York Peppermint Pattie Shake (32 oz)*

- 2,210 calories
- 103 g fat (57 g saturated)
  - 281 g sugar

**The Worst Drink in America** *Baskin-Robbins Large Heath Bar Shake*

- 2,310 calories
- 108 g fat (64 g saturated)
- 266 g sugar (= 15 twinkies)