

## Your Favorite Coffee Chain Drink Is Making You Fat

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Those icy coffees and smoothies you've been enjoying could be the reason for your expanding waistline.

There's no denying it: summer is in full swing. The days are longer, parks are full of people working on their tans, and it suddenly feels like the perfect time to relax with a good book and frozen cocktail on a beach somewhere. For those of us who still have to head to the office in the morning, the cocktail we'd like to be drinking is often replaced with another summer staple: the frozen coffee.

Unfortunately, that morning pick-me-up could be doing more than giving you a caffeine buzz. Many of the most popular drinks at your favorite coffee chains have off-the-charts calorie counts, huge helpings of sugar, and enough sodium to leave you feeling bloated for a week. Is your favorite frozen drink making you fat? Read on to find out.

### **Coffee Bean and Tea Leaf Black Forest Ice Blended**

If you're stopping into Coffee Bean and Tea Leaf every workday for a Black Forest Iced Blended, you're adding enough calories to your diet to gain a pound a week. A large has 720 calories, 16 grams of fat, 640 milligrams of sodium, and 113 grams of sugar. Even if you opt for the smallest size, you won't fare much better — it still has 370 calories and 57 grams of sugar.

For a healthier alternative, enjoy a Zero Belly Cookbook Black Forest cookie and a cup of your favorite fat-burning tea.

### **Starbucks S'Mores Frappuccino**

Starbucks Frappuccinos are often considered the gold standard when it comes to blended coffee, but that doesn't mean you should add them to your summer menu. A venti S'Mores Frappuccino has 600 calories, 22 grams of fat (half a gram of which is belly fat-promoting trans fat), 300 milligrams of sodium, and a staggering 88 grams of sugar.

### **Gloria Jean's Crème Brulee Chiller**

Here's a tip: if a drink has the name of another dessert in it, be prepared for a huge number of calories and a truckload of sugar. A large Gloria Jean's Crème Brulee Chiller has 504 calories, 12.8 grams of fat, 297 milligrams of sodium, and 81.5 grams of sugar — that's more sugar than you'd get in an entire pint of Haagen Dazs chocolate ice cream.

### **Caribou Coffee Turtle Mocha Cooler**

Caribou Coffee's Turtle Mocha Cooler is one of the worst offenders when it comes to your waistline. Just one of these bad boys packs 1050 calories, 36 grams of fat, 510 milligrams of sodium, and 144 grams of sugar. For a tasty alternative that won't have you going up a pants size, opt for a Zero Belly Cookbook Peanut Butter Cup smoothie instead; it tastes just like dessert, but packs 5 grams of fiber, 30 grams of protein, and just 258 calories.

### **Tim Hortons Oreo Iced Capp**

If your coffee has ground-up cookies in it, it's probably got a lot of calories and sugar in it, too. A large Oreo Iced Capp at Tim Hortons will set you back 670 calories, 35 grams of fat, 360 milligrams of sodium, and 74 grams of sugar.

### **Peet's Coffee Chocolate & Caramel Swirl Javiva**

Peet's Coffee is celebrated around the world for their ethical business practices, but there's nothing worth applauding about their frozen coffee drinks. A Chocolate & Caramel Swirl Javiva from this popular chain packs 520 calories and an over-the-top 103 grams of sugar, some of which comes from weight gain-promoting corn syrup solids.

### **McCafé Frappé Chocolate Chip**

McDonald's isn't exactly known for its health food, so it shouldn't come as much of a surprise that the company's drinks pack tons of calories, fat, and sugar. A large Frappé Chocolate Chip has 750 calories, 31 grams of fat, 200 milligrams of sodium, and 99 grams of sugar. If you've got a chocolate craving, try the Zero Belly Cookbook Chocolate Decadence smoothie instead; packed with antioxidant-rich unsweetened cocoa and heart-healthy avocado, it tastes like a chocolatey treat, but has just 219 calories.

## **Dunkin' Donuts Frozen Dunkaccino**

The pastries at Dunkin' Donuts aren't the only things packing major calories and sugar. A large Frozen Dunkaccino from the popular chain has 800 calories, 17 grams of fat, 320 milligrams sodium, and a shocking 142 grams of sugar. Perhaps even more insidious is the drink's high fructose corn syrup, which can contribute to weight gain, belly fat, heart disease, and diabetes.

## **Coffee Bean and Tea Leaf White Chocolate Ice Blended**

If you want to start your day with lots of calories, sodium, and sugar, the Coffee Bean and Tea Leaf White Chocolate Ice Blended will more than help you achieve that goal. One of these 24-ounce drinks has 700 calories, 14 grams of fat, 410 milligrams of sodium, and 84 grams sugar — more than most pints of ice cream.

## **Caribou Coffee Chocolate Mint Cooler**

Chocolate and mint go together like belly fat and weight gain in this outrageously caloric drink. Just one Large Caribou Coffee Chocolate Mint Cooler will dump 900 calories, 29 grams of fat, 270 milligrams of sodium, and a gut-busting 136 grams sugar into your lap.

## **McCafé Frappé Caramel**

If you're craving some salty sweetness, opt for a handful of mixed nuts and steer clear of this calorie and sugar-laden drink. A single large McCafé Frappé Caramel contains 670 calories, 27 grams of fat (that's 41 percent of your daily total), 190 milligrams of sodium, and 88 grams of sugar.

## **Starbucks Venti Iced Green Tea Frappuccino Blended Crème**

Green tea can be a great addition to your weight loss plan, which is why it's featured so prominently in the Zero Belly Dietbook. Green tea is packed with antioxidants and can help trigger weight loss, but it won't do much good for you when it's loaded down with fat, sugar, and sodium. A venti Iced Green Tea Frappuccino Blended Crème will set you back 550 calories, 18 grams of fat, 320 milligrams of sodium, and 88 grams of sugar. For a healthier option with less than one third of the calories, whip up a Zero Belly Cookbook Green Matcha Tea Smoothie, packed with spinach, banana, and matcha green tea powder.

## **Tim Horton's Large Caramel Iced Capp**

Cappuccinos tend to be relatively calorically light — unless you're ordering the frozen ones from Tim Hortons, that is. Just one large Tim Hortons Caramel Iced Capp contains 600 calories, 32 grams of fat, including a gram of diet- and health-sabotaging trans fat, 80 milligrams of sodium, and 65 grams of sugar.

## **Coffee Bean Pomegranate Blueberry Ice Blended**

Pomegranates and blueberries are among the most antioxidant-rich foods out there, which may fool you into thinking that the Pomegranate Blueberry Ice Blended from Coffee Bean and Tea Leaf is a healthy choice. Unfortunately, this drink packs 660 calories, 14 grams of fat, 480 milligrams sodium (about 20 percent of what you're supposed to consume in an entire day), and 113 grams of sugar.

For a similar flavor that's actually healthy, try a Zero Belly Smoothies Fresh Blueberry Smoothie instead — it's got 28 grams of filling protein and just 232 calories.

## **Caribou Coffee Large Chocolate Cooler**

The Caribou Coffee large Chocolate Cooler shouldn't be considered a drink — with this many calories, it's definitely a meal. Just one of these frozen, sugary drinks has 820 calories, 30 grams of fat, 300 milligrams of sodium, and 112 grams of sugar.

## **Peet's Coffee Coconut Javiva**

Coconut can be a great alternative to dairy milk and a heart-healthy source of fat, but don't expect to get those health benefits from the Coconut Javiva at Peet's Coffee. One of these belly-expanding drinks has 544 calories, 15 grams of fat, 295 milligrams of sodium, and 93 grams sugar.

## **Caribou Coffee Caramel Cooler**

Cooling off shouldn't mean packing on the pounds, but that's exactly what you'll get if you're ordering Caribou Coffee's Caramel Cooler. A large version of this drink has 800 calories, 25 grams of fat, 440 milligrams of sodium, and 109 grams of sugar.

## **Einstein Bros Frozen Caramel Macchiato**

Einstein Bros. may know how to make a good bagel, but when it comes to making drinks that won't break their dietary bank, they're virtual dunces. A large Frozen Caramel Macchiato from this chain will add 700 calories, 16 grams of fat, 131 milligrams of sodium, and 123 grams of sugar to your diet. The kicker? Those are the calorie counts for the drink when it's prepared with 2 percent milk.

## **Dunkin' Donuts Frozen Mocha Coffee Coolatta**

If you've ever wanted to drink half of your recommended daily calories, here's your chance: Dunkin' Donuts' Frozen Mocha Coffee Coolatta just might be the most caloric coffee chain drink out there. A large one of these frighteningly caloric and sugar-soaked drinks has 990 calories, 47 grams of fat, 170 milligrams of sodium, and 133 grams of sugar.