

**BLENDED BREAKFAST** Forget Bloody Marys and mimosas. Try these drinks for starters

Some men are so rushed these days that they don't even have time to chew their breakfast. Could the answer be those bottled breakfast smoothies that are popping up everywhere? Manufacturers claim they're less fattening and more nutritious than eating a bagel or muffin. The downside: Almost all contain obesity-causing high-fructose corn syrup (HFCS). We were skeptical that they could be as satisfying or as filling as cereal or pancakes. So we tasted and compared the six most popular brands.



PHOTOGRAPH: JIM COOPER

SMOOTHIES	FLAVOR	SIZE	CALORIES	PROTEIN	CARBS	FAT	OTHER NUTRIENTS (% DAILY VALUES)	HFCS	COMMENT	RATING
Tropicana	Strawberry	11.5 oz	260	4 g	62 g	0 g	25% calcium, 15% vitamin A, 100% vitamin C	Yes	Chalky, but it held us until noon.	★★
V8 Splash	Citrus Blend	10 oz	150	3 g	34 g	0 g	10% calcium, 20% vitamin A, 100% vitamin C	Yes	Tasty, but left us hungry.	★★★
Snapple a Day	Strawberry Banana	11.5 oz	210	7 g	43 g	0 g	25% calcium, 100% vitamin A, 100% vitamin C	No	Creamy and delicious, but we were hungry in an hour.	★★★
Carnation Instant Breakfast	Creamy Milk Chocolate	10 oz	220	12 g	37 g	2.5 g	50% calcium, 45% vitamin A, 50% vitamin C	No	Rich, chocolaty, and filling but with a gummy finish.	★★★
Dannon Frusion	Wild Berry Blend	10 oz	280	8 g	53 g	3.5 g	25% calcium, 2% vitamin A, 0% vitamin C	Yes	Sweet, fruity taste and fueled us all morning.	★★★★
Yoplait Nouriche	Peach	11 oz	290	10 g	60 g	0 g	30% calcium, 25% vitamin A, 25% vitamin C	Yes	Velvety smooth and satisfying.	★★★★
FOR COMPARISON . . . Bruegger's bagel	Plain	4.6 oz	300	12 g	61 g	2 g	2% calcium, 0% vitamin A, 0% vitamin C	No		
Kashi Heart to Heart cereal with ½ cup 2% milk		¾ cup	178	8.5 g	31 g	4 g	15% calcium, 30% vitamin A, 50% vitamin C	No		

**KEY**

- ★ Poor
- ★★ Fair
- ★★★ Good
- ★★★★ Excellent

**C**onvenience aside, active men ideally need 400 calories, 14 grams (g) of protein, 15 g healthy fat, and 50 g carbohydrates to start their day, says Leslie Beck, R.D., author of *10 Steps to Healthy Eating*, and most smoothies don't come close to that. "However, for people running out the door, these drinks are better than a Pop-Tart or skipping breakfast entirely," she adds. • Another alternative is to make your own smoothie the night before. To do it, fill a blender with 1 cup of 2 percent milk, 1½ cups of frozen strawberries or blueberries, 1 scoop of your favorite protein powder, and 2 egg whites. Put the pitcher in the refrigerator and blend the next morning (339 calories, 33 g protein, 38 g carbohydrates, 7 g fat).

—JAMIE BECKMAN