

Evil in a Cup

By Agnes Ramsay

Choose your treats wisely, keeping in mind that you should limit yourself to around 40 grams of fat (including as little saturated fat as possible) in an entire day – and only 32 grams of sugar. You might be surprised by how quickly the numbers add up. To give you an idea, here's the shocking truth about what some popular picks contain:

McDonald's McFlurry

628 cal

23 g fat (15 g saturated)

81 g sugar (over 20 teaspoons)

Tim Hortons Large Iced Capp Supreme

400 cal

20 g fat (12 saturated)

62 g sugar (over 15 teaspoons)

Jugo Juice Copa Banana Smoothie

350 cal

84 g sugar (21 teaspoons!!!)

Starbucks Green Tea Frappuccino

380 cal

78 g sugar (over 19 teaspoons)