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13 Unhealthiest Cold Starbucks Drinks

These Starbucks menu items are shockingly bad for you

August 6, 2014 | 11:14 AM By [Jess Novak](#), Special Contributor



At 76 grams, this harmless-seeming thirst-quencher contains the sugar equivalent of nineteen Fla-Vor-Ice Pops.

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This winter, we explored (exposed?) the [8 Unhealthiest Hot Starbucks Drinks](#), but now that the weather has us chugging down iced lattes in lieu of portable air conditioners, it's time to investigate exactly how damaging these sweet, icy refreshers are to our general health. As it turns out, the hot drinks are only the tip of the iceberg: when it comes to devastating nutrition facts, the hot Starbucks drinks don't hold a candle to the plethora of creamy, cool, frozen and iced beverages.

13 Unhealthiest Cold Starbucks Drinks (Slideshow)

Just as before, these drinks don't include items on the ever-popular [Starbucks Secret Menu](#), which includes such heart-stopping items as the [Cake Batter Frappuccino](#) and [Snickers Frappuccino](#), but never fear: many of the options on the regular Starbucks menu are eyebrow-raising enough for your amusement and discomfort.

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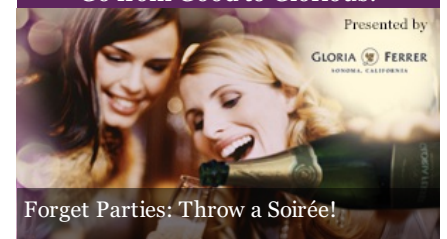
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Of course, there is a wide range of healthy drink options at Starbucks: if you go for regular coffee, espresso, or tea, you're in the clear. But as soon as you explore [the intricacies of the Starbucks ordering process](#), and begin to add in pump after pump of sweetened syrups, buckets of dairy fat, and handfuls of crunchy toppings, your drink can quickly start to resemble the nutritional equivalent of an ice cream cake.

Our list isn't for the faint of heart — or for those with any heart-related conditions, for that matter. To burn off the most caloric drink we found, you would have to work out on the elliptical for 20 minutes, do another 20 minutes of backstroke in the pool, spend 15 minutes kickboxing, and 10 minutes jumping rope.[slideshow:

Others, like the Java Chip Frappuccino, have more saturated fat than two chicken sandwiches at Chik-Fil-A, *with an additional double order of fries*. Yum, worth it?

All nutrition information for Starbucks drinks was calculated assuming whole milk was used, and whipped cream was considered only in drinks whose default recipes include it.

13. Caffe Espresso Frappuccino



12. Vanilla Bean Crème Frappuccino



[Read more about the 13 Unhealthiest Cold](#)



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Starbucks Drinks

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