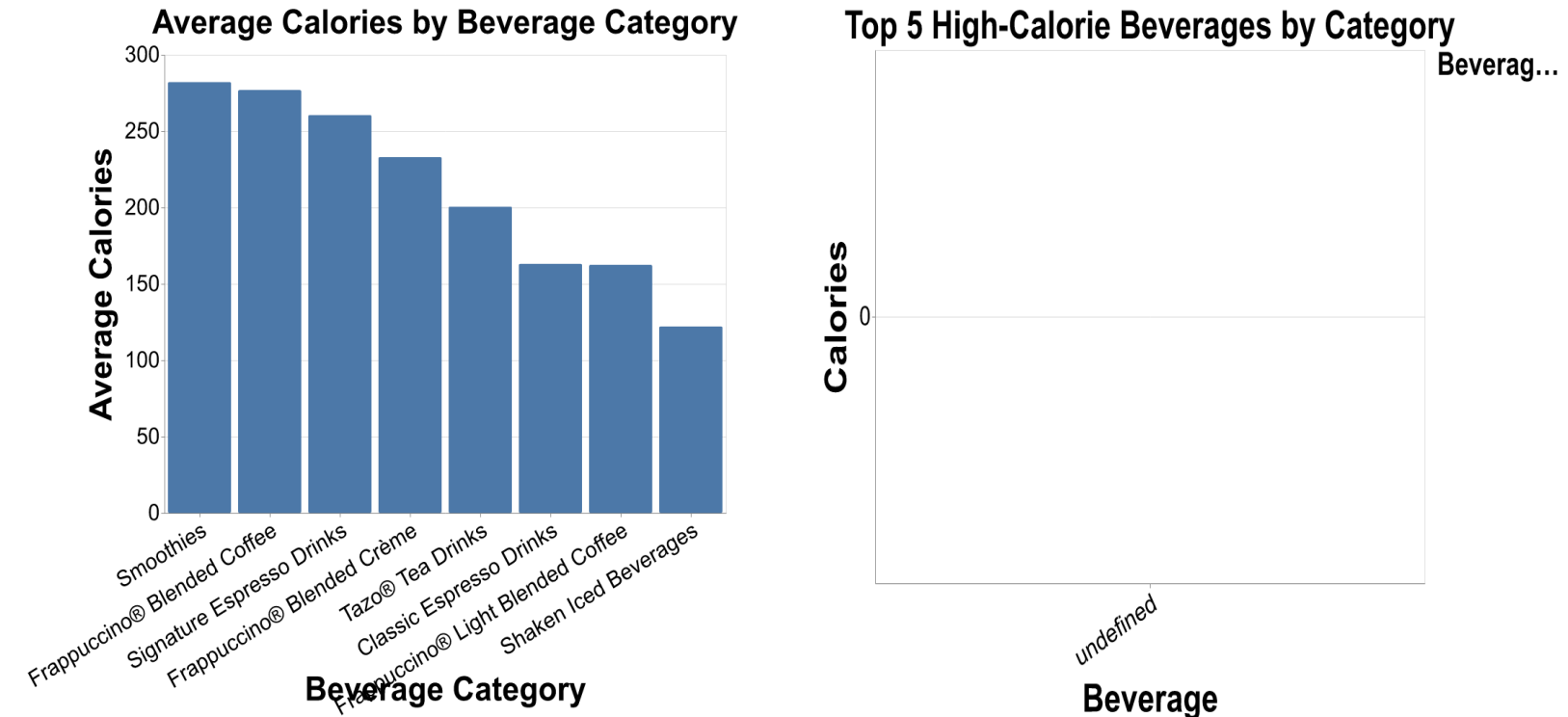


# Which Beverage Types Pack the Most and Least Calories?

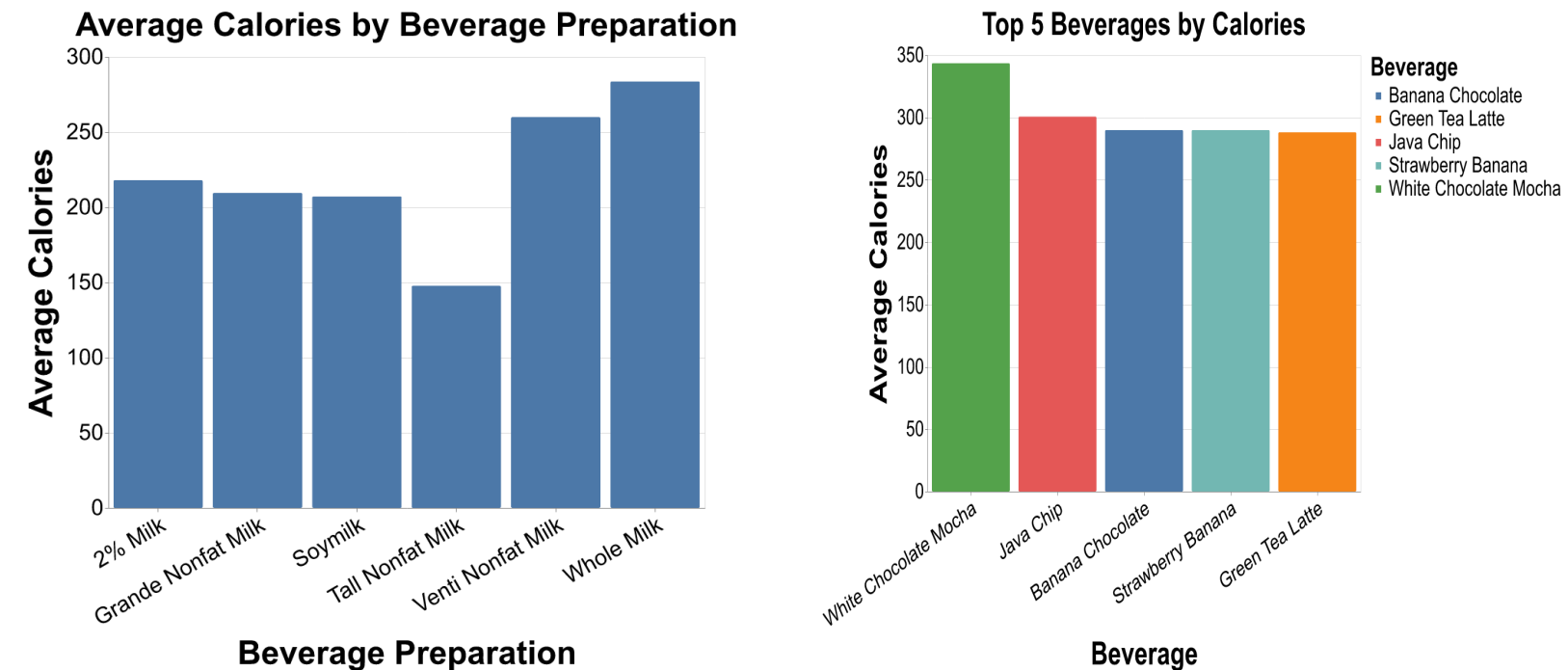
## INTRODUCTION

Beverages vary widely in calories, with smoothies averaging the highest. This poster analyzes calorie content across beverage categories and preparations. It highlights the top high-calorie drinks and compares calories within popular categories.

01 Beverage categories vary in average calories, with top items significantly exceeding category averages.

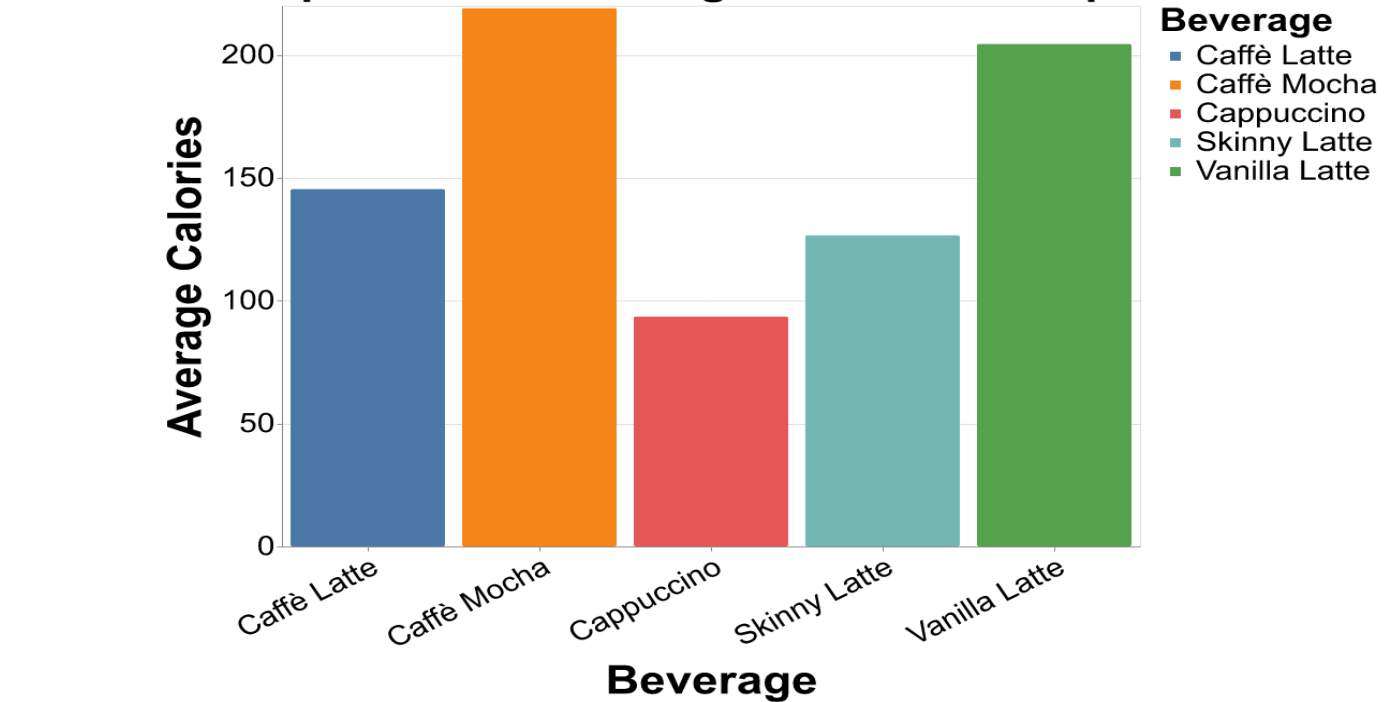


02 Preparation methods influence calorie content, with certain beverages consistently ranking highest by median calories.



03 Classic espresso drinks have the highest calories, while shaken iced beverages have the lowest among categories.

### Calorie Comparison of Beverages in Classic Espresso Drinks



### Calorie Comparison of Beverages in Shaken Iced Beverages



## CONCLUSION

Beverage calories differ greatly across categories and preparation methods. Smoothies generally have the highest average calories among beverages. Classic espresso drinks contain the most calories compared to other categories. Shaken iced beverages consistently have the lowest calorie content.