

## Smoothie vs Milkshake (vsdiff.com)

Aspect	Smoothie	Milkshake
Primary base	Fruit, vegetables, water/juice/yogurt	Dairy (milk, ice cream), sometimes milk alternatives
Typical texture	Variable: <b>thick</b> to pulpy	Consistently <b>creamy</b> and smooth
Typical calories (per 12-16 oz)	~150-450 kcal (wide range depending on add-ins)	~300-700 kcal (ice cream-driven)
Sugar	Natural fruit sugars ± added sweeteners	Often higher added <i>sugar</i> from ice cream and syrups
Typical purpose	Nutrition, hydration, meal-replacement	Indulgence, dessert, treat
Common add-ins	Protein powder, seeds, greens, nut butters	Flavor syrups, whipped cream, candy bits

Source: <https://vsdiff.com/smoothie-vs-milkshake/>