

# HIGHWAY TO HEALTH

## What's in the Brew? PART II

**Grabbing a cup?** Look down this list to see if you frequently drink a red or yellow beverage. Try to stick with green beverages, but treat yourself to a yellow beverage once in a while!

	STAY AWAY: High fat <i>and</i> high sugar content
	ONCE IN AWHILE: High fat <i>or</i> high sugar content
	DRINK ME: Lower fat <i>and</i> lower sugar content

		TOT FAT (g)	SAT FAT (g)	TRANS FAT (g)	SUG (g)	CAFFEINE (mg)	CAL
<b>Tim Hortons (12 oz - a bit more than a small)*</b>							
Coffee (black)		0	0	0	0	140	0
Coffee (double double)		7	4	0.2	18	115	140
Iced Capp (cream)		11	6	0.4	33	90	250
Iced Capp (milk)		1.5	1	0	32	90	150
Latte		0.2	0.1	0	11	35	80
Chocolate Latte		6	5	0.3	22	65	180
Cappuccino		0.2	0.1	0	9	70	60
French Vanilla Cappuccino		8	7	0.1	31	60	250
Hot Chocolate		6	5	0.2	38	15	240
<b>McDonalds (11-12 oz Medium)</b>							
Coffee (black)		0	0	0	0	N/A	4
Latte (2% milk)		5	3	0.2	13	N/A	140
Latte (nonfat milk)		0	0	0	12	N/A	80
Cappuccino (2% milk)		4	2	0.1	9	N/A	100
Cappuccino (nonfat milk)		0	0	0	9	N/A	60
Pumpkin Spice Latte (nonfat milk)		0	0	0	31	N/A	160
Hot Chocolate (2% milk)		12	7	0.4	38	N/A	330
Iced Coffee		8	4.5	0.3	22	N/A	170
Iced Latte (nonfat milk)		0	0	0	8	N/A	60
Vanilla Latte (2% milk)		5	3	0.2	30	N/A	200

Tot Fat = Total Fat; Sat Fat = Saturated Fat; Sug = Sugar; Cal = Calories; N/A = not available

\*2% milk and nonfat milk options not available

McDonalds. (2015). Nutrition facts. Retrieved from <http://www.mcdonalds.ca/>  
 Tim Hortons. (2013). Nutrition guide. Retrieved from <http://www.timhortons.com/>