




























HIGHWAY TO HEALTH

What's in the Brew? PART I

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
Starbucks (12 oz - tall)							
Coffee (black)		0.1	0	0	0	260	4
Caffe Americano		0	0	0	0	150	10
Caffe Latte (2% milk)		6	3	0.2	14	75	150
Caffe Latte (nonfat milk)		0.2	0.2	0	14	75	100
Cappuccino (2% milk)		3.5	1.5	0.1	8	75	90
Cappucino (nonfat milk)		0.1	0.1	0	8	75	60
Chai Tea Latte (nonfat milk)		0.2	0.1	0	32	70	160
Hot Chocolate (2% milk)		7	3.5	0.2	32	20	230
Caramel Macchiato (nonfat milk)		1	0.5	0	24	75	140
Iced Coffee (black, syrup)		0	0	0	15	120	60
Green Tea Frappuccino (soymilk)		2	0.2	0	44	50	220
Vanilla Latte (soymilk)		4	0.5	0	20	75	160
Vanilla Latte (2% milk)		5	2.5	0.2	27	75	200
Second Cup (12 oz - small)							
Caffe Latte (2% milk)		6	3.5	0.2	13	N/A	160
Caffe Latte (nonfat milk)		1	0	0	14	N/A	100
Cappuccino (2% milk)		4	2.5	0.1	10	N/A	110
Cappuccino (nonfat milk)		0	0	0	9	N/A	70
Chai Tea Latte (nonfat milk)		3	3	0	32	N/A	250
Hot Chocolate (2% milk)		19	13	3.1	39	N/A	390
Chillatte (whipped cream)		17	12	3	36	N/A	320
Iced Coffee (black)		0	0	0	5	N/A	20
Matcha Green Tea Frappe (soymilk)		2	0.2	0	23	N/A	130
Vanilla Bean Latte (soymilk)		6.5	2	0.9	19	N/A	180
Vanilla Bean Latte (2% milk)		7	4	1	24	N/A	210

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

Second Cup. (2014). Explore our beverages. Retrieved from <http://www.secondcup.com/>
Starbucks Coffee Company. (2011). Nutrition by the cup. Retrieved from <http://news.starbucks.com/>