

Nutritional Options At Starbucks

Living well is finding the right balance. At Starbucks they provide the nutritional content of their food and drinks so that whether you are watching calories, sugar, protein, fat, or fiber they have a choice for you! We have pictured a few foods and drinks with the nutritional information and a ☺ for the healthier option.

How to "skinny" your beverage

Three ways to make your favorite drink skinny

- ➡ **Ask for nonfat milk**- that saves up to 120 calories and 15g fat
- ➡ **Switch to sugar-free syrup**- that trims off around 20 calories and 5g sugar per pump of syrup!
- ➡ **Forgo the whip cream**- that adds 50-110 calories and 5-11g of fat

Drink this...



☺ Iced skinny latte
24 oz =110 cal, 0 g fat,
14sugar

Not this...



White Chocolate iced w/
whip24 oz.= 550 cal , 18g
fat ,78g sugar

Drink this...



☺ Mocha Frap light
16 oz =140 cal, 1g fat,
29g sugar

Not this...



Mocha Frap w/whip
16 oz = 370 cal, 15g fat, 54g
sugar

Drink this...



☺ Tazo Iced Green
Tea-non-sweet
0 calories-Add your
own non-calorie
sweetener!

Not this...



Green Tea Crème w/ whip –
24 oz =
550 cal, 18g fat, 88g sugar

Eat this...



☺Oatmeal = 140 cal
Dried fruit = 100 cal
Nuts = 100 cal
Total = 340 calories,
9g fat

Not this...



Raspberry Scone
500 calories, 26g fat,

Eat this...



☺ Chicken Vegetable
Wrap = 290 cal, 9g fat

Not this...



Egg Salad Sandwich
490 cal, 22g fat

Eat this...



☺ Protein Plate
370 calories, 17 g fat –
take out the egg yolk
and cut 4.5 g fat!
*peanuts are healthy
fats

Not this...



Zucchini walnut muffin
490 cal, 28g fat

~Nutritious drink and food options at Starbucks~

Cold Drinks (tall)

Drink	Calories	Fat (g)
Caramel Frap Light blended	130	1
Coffee Frap blended	180	2.5
Shaken Tazo Tea unsweetened	0	0
Nonfat iced vanilla latte	120	0
Nonfat iced caramel Macchiato	140	1
Iced coffee w/ regular syrup	60	0
Iced skinny latte	60	0

Hot Drinks (tall)

Drink	Calories	Fat(g)
Skinny vanilla latte	90	0
Tazo tea bag	0	0
Soy tazo chai tea	140	2
Steamed apple juice	170	0
Nonfat café latte w/ sugar free syrup	100	0
Nonfat vanilla crème no whip	150	0
Brewed Coffee	5	0

Favorite foods under 350 calories

Food	Calories	Fat(g)
Fruit Cup	90	0
Strawberry yogurt parfait	300	3.5
Egg-white, feta spinach wrap	280	10
8 grain roll	350	8
Picnic Pasta Salad	320	5
Banana	90-120	0
Multigrain bagel	350	4