

Are You Drinking A Whole Meal?

The next time you order a coffee beverage anywhere, make sure you specify that it is fat-free. The top chart shows high-calorie choices while the bottom one has the lighter options. The words Mocha, Frappuccino, Crème and Whip seem to spell trouble! (Source: www.starbucks.com)

Starbucks beverage options	size (oz)	calories	fat (g)
Mint Chocolate Chip Frappuccino® Blended Crème - whip	16	650	24
Caramel Chocolate Frappuccino® Blended Crème - whip	16	590	19
Double Chocolate Chip Frappuccino® Blended Crème - whip	16	590	24
Strawberries & Crème Frappuccino® Blended Crème - whip	16	580	17
White Hot Chocolate - whip	16	580	28
Mint Mocha Chip Frappuccino® Blended Coffee - whip	16	530	22
Java Chip Frappuccino® Blended Coffee - whip	16	510	22
Mint Chocolate Chip Frappuccino® Blended Crème - no whip	16	510	12
Tazo® Chai Crème Frappuccino® Blended Tea - whip	16	510	17
White Chocolate Mocha - whip	16	510	24
Pumpkin Spice Crème - whip	16	500	24
Vanilla Bean Frappuccino® Blended Crème - whip	16	500	17
Iced White Chocolate Mocha - whip	16	490	24
Toffee Nut Frappuccino Crème - whip	16	490	17
Pumpkin Spice Latte - whip	16	480	22
White Hot Chocolate - no whip	16	480	18
Caffè Vanilla Frappuccino® Blended Coffee - whip	16	470	16
Caramel Mocha - whip	16	470	21
Caramel Chocolate Frappuccino® Blended Crème - no whip	16	460	7
Caramel Mocha Frappuccino® Blended Coffee - whip	16	460	17
Double Chocolate Chip Frappuccino® Blended Crème - no whip	16	460	12
Toffee Nut Crème - whip	16	460	24
Hot Chocolate - whip	16	450	24
Strawberries & Crème Frappuccino® Blended Crème - no whip	16	450	5
White Chocolate Mocha Frappuccino® Blended Coffee - whip	16	450	17

Cappuccino	16	150	8
Coffee Frappuccino® Light Blended Coffee - no whip	16	150	1
Caffè Misto/Café Au Lait	16	140	8
Espresso Frappuccino® Light Blended Coffee - no whip	16	140	1
Tazo® Tea Lemonade	16	120	0
Iced Shaken Coffee	16	80	0
Tazo® Shaken Iced Tea	16	80	0
Iced Caffè Americano	16	20	0
Caffè Americano	16	15	0
Coffee of the Week	16	10	0
Decaf Coffee of the Week	16	10	0

