



COFFEE HOUSE

SOCIAL IMPACT

STORIES



FIND A STORE

SING UP

Overview



Nutrition Insights



Insights



# Discover a drink that's made for you.

Find your favorite Starbucks drinks and its nutritional information with this report

FIND YOUR COFFEE →

Analyzed by- Alekhya Vankayala ©

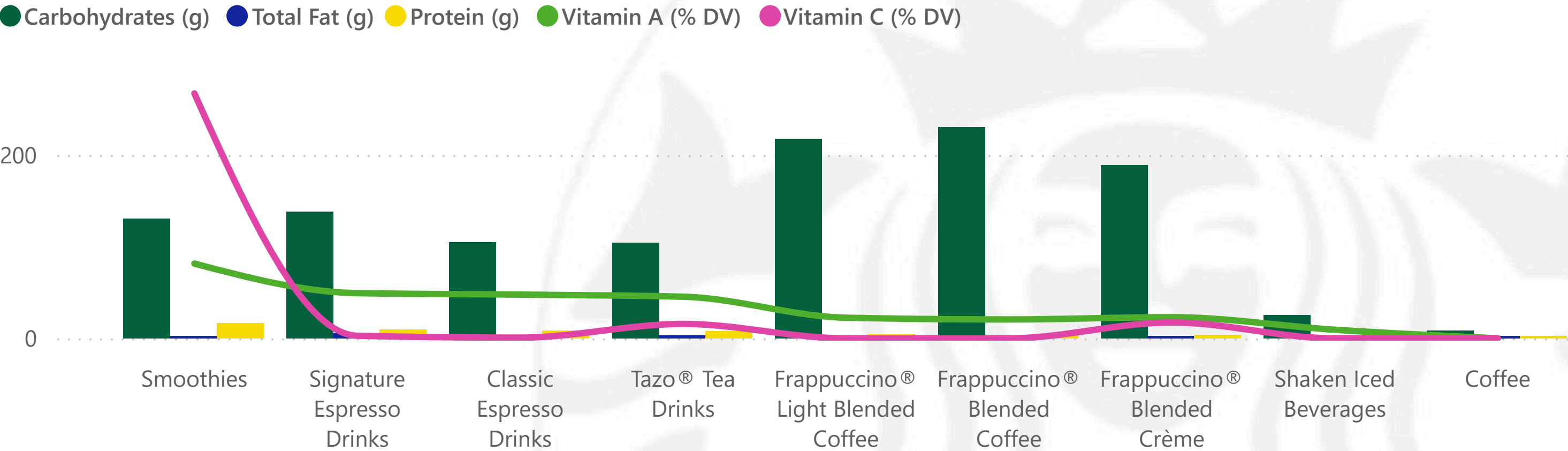




Overview

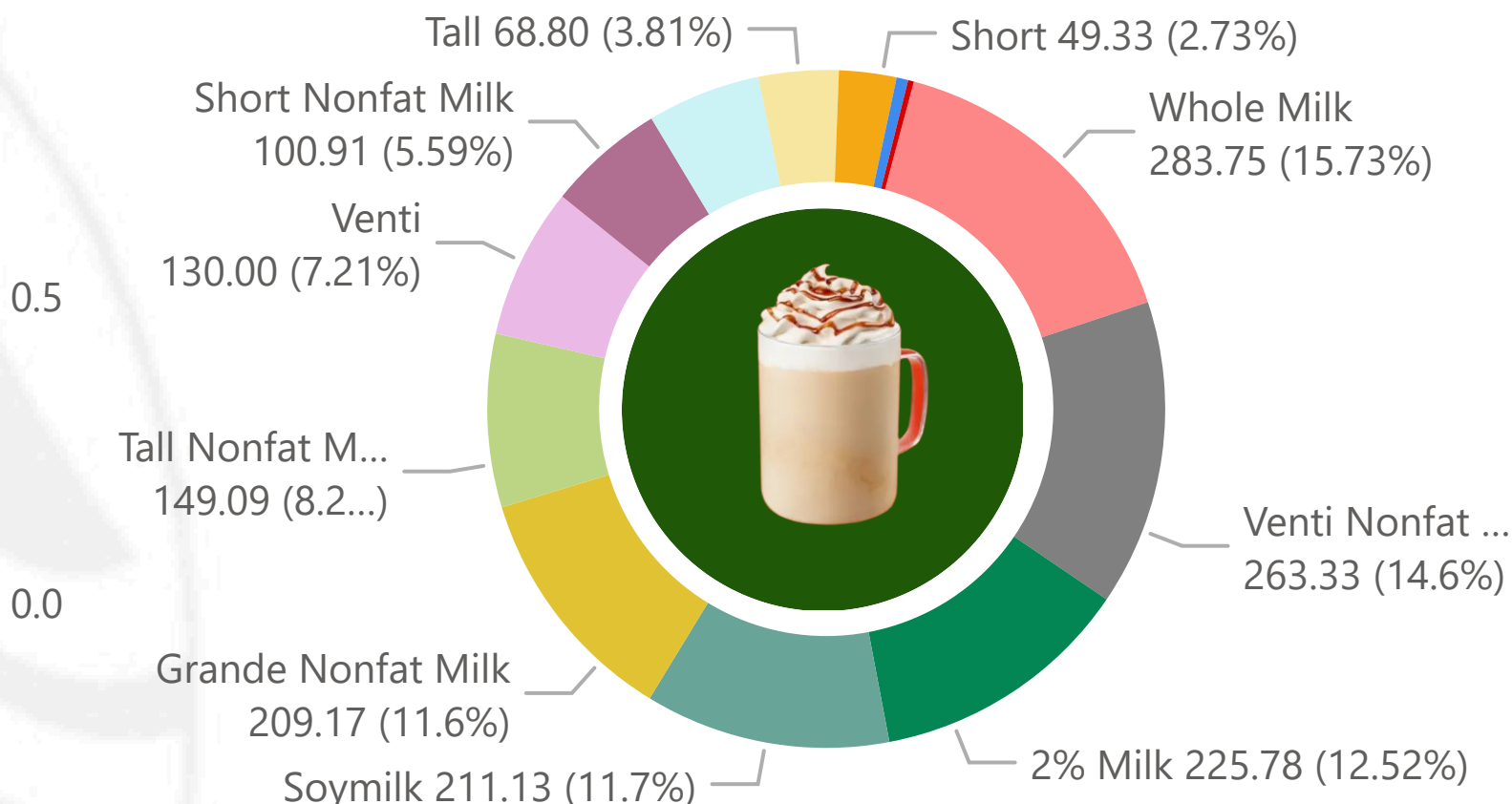
### Calorie's Makeup, and Vitamin Content

Average by Beverage Category



### Calorie's Content (mg)

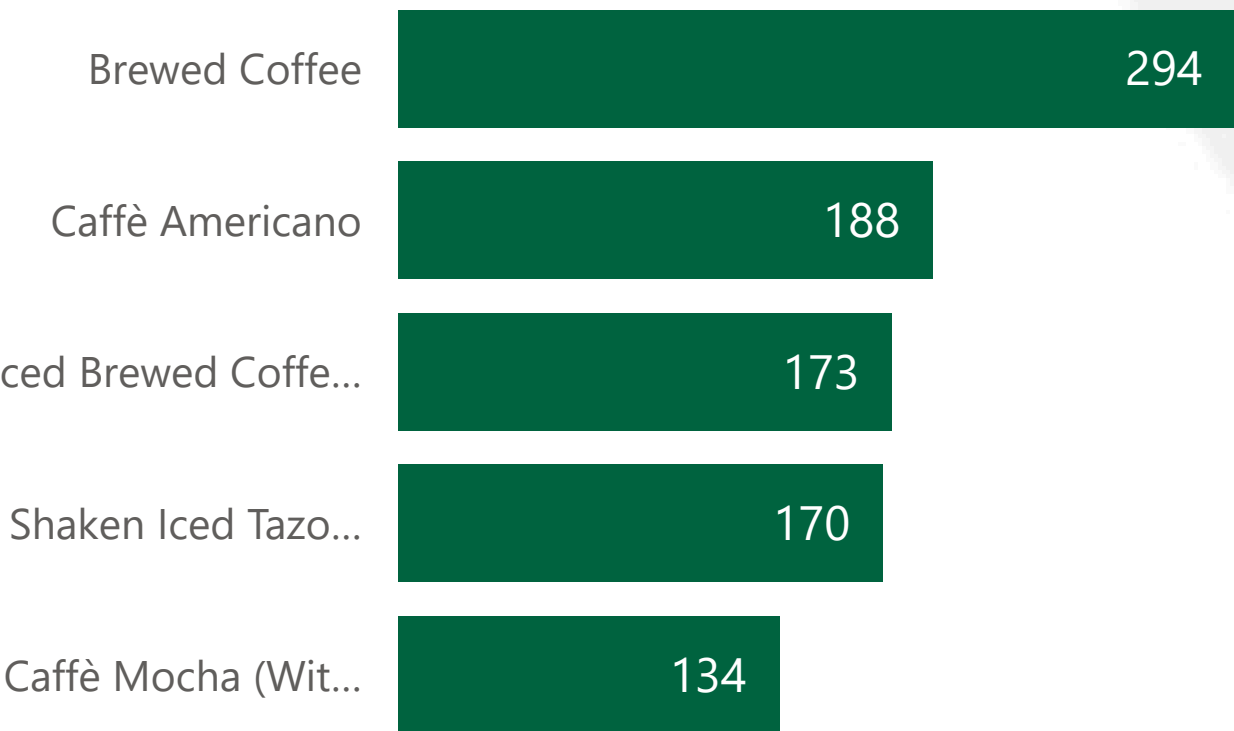
Average by Preparation Type



Nutrition Insights

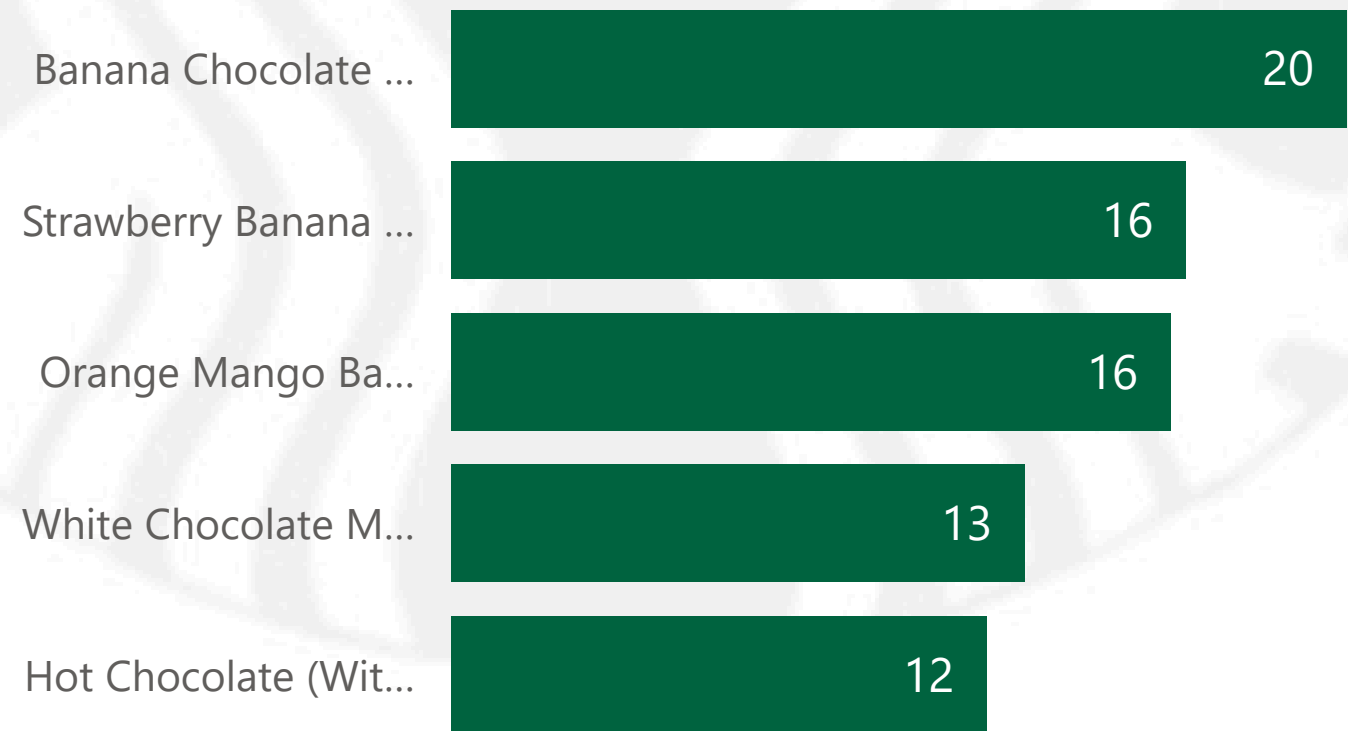
### Best for Caffeine

Caffeine Content by Drink (mg)



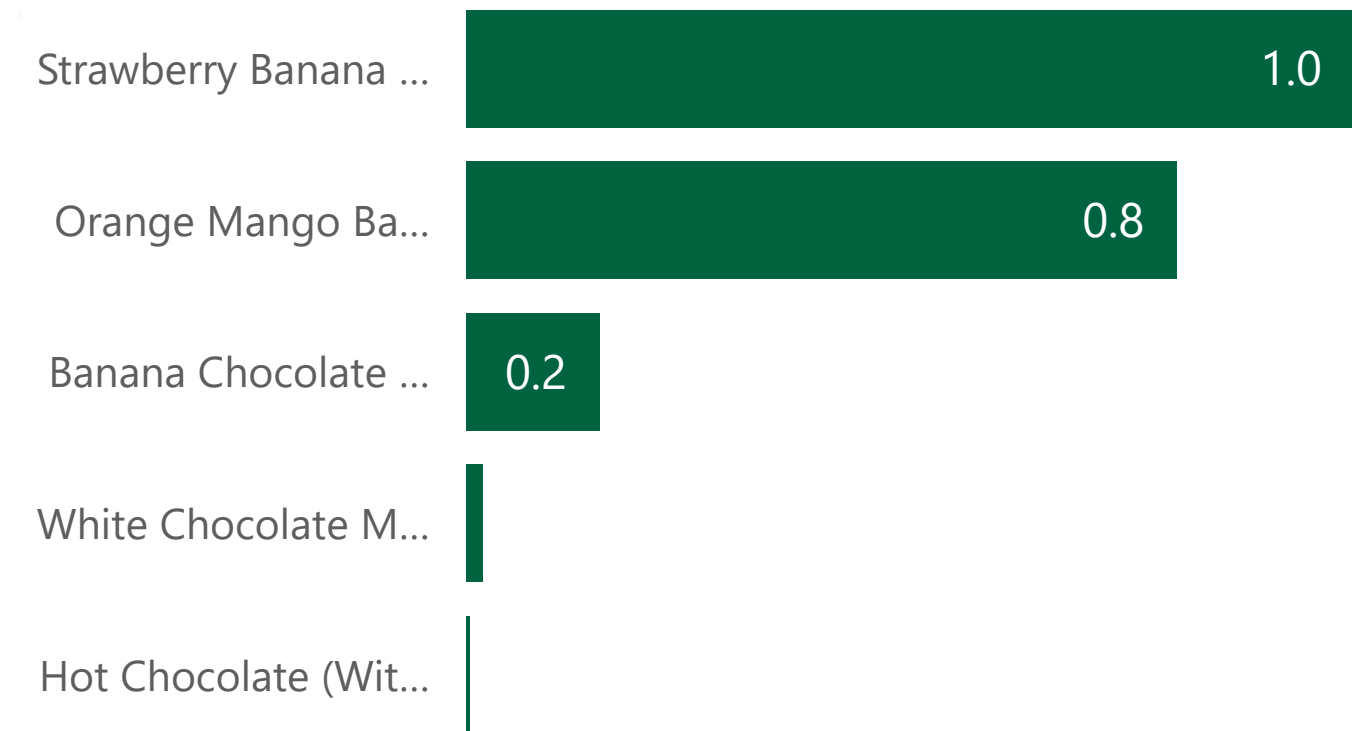
### Best for Protein

Protein Content by Drink (mg)



### Best for Vitamin C Content

Vitamin Content by Drink (%DV)



Insights

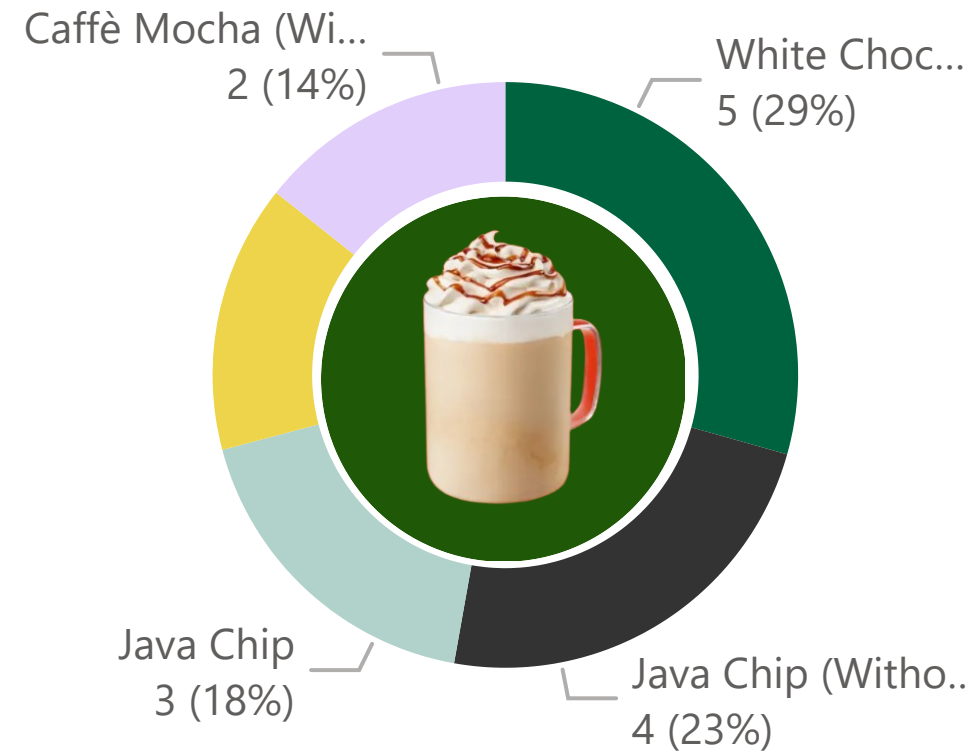




Beverage Category	Calories	Caffeine (mg)	Total Carbs (g)	Total Fat (g)	Sugars (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Iron (% DV)	Vitamin A (% DV)	Vitamin C (% DV)
Classic Espresso Drinks	140.17	122.07	104.67	0.00	16.97	0.05	1.21	8.69	0.08	0.13	0.00
Caffè Americano	13.75	187.50	11.25	0.00	0.00	0.00	0.00	0.85	0.00	0.00	0.00
Grande	15.00	225.00	15.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00
Short	5.00	75.00	5.00	0.00	0.00	0.00	0.00	0.40	0.00	0.00	0.00
Tall	10.00	150.00	10.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00
Venti	25.00	300.00	15.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00
Caffè Latte	139.17	112.50	134.58	0.10	12.92	0.07	1.35	10.42	0.05	0.16	0.00
2% Milk	170.00	112.50	152.50	3.50	15.50	0.20	3.25	11.00	0.00	0.18	0.01
Grande Nonfat Milk	130.00	150.00	150.00	0.30	18.00	0.00	0.20	13.00	0.00	0.20	0.00
Short Nonfat Milk	70.00	75.00	75.00	0.10	9.00	0.00	0.10	6.00	0.00	0.10	0.00
Soymilk	130.00	112.50	117.50	2.50	7.25	0.00	0.60	9.00	0.16	0.13	0.00
Tall Nonfat Milk	100.00	75.00	120.00	0.20	14.00	0.00	0.20	10.00	0.00	0.15	0.00
Total	201.58	89.52	137.37	0.00	34.08	0.04	1.39	7.29	0.08	0.10	0.04

Avoid Bad Fats

Trans Fat Content by Drink (g)



Trans Fats:

Trans fat is considered the worst type of fat to eat. Unlike other dietary fats, trans fats raise "bad" cholesterol and lowers "good" cholesterol.

A diet laden with trans fats increases the risk of heart disease, the leading killer of adults

Trans fats are so unhealthy that the U.S. Food and Drug Administration (FDA) has prohibited food manufacturers from adding the major source of artificial trans fats to foods and beverages.

