



STARBUCKS: A HEALTH CHECK

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I LOVE MY DAILY STARBUCKS SHOT, BUT...

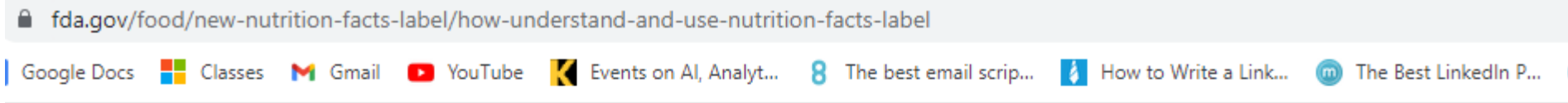
- Is my Starbucks drink healthy ?
- Is it OK to have it everyday ?
- Just how much Starbucks is too much ?

TO ANSWER SUCH QUESTIONS WE DID A DEEP DIVE

- Looked at the nutritional information provided by Starbucks
- Across **220** different drinks – Espressos, Mochas, Lattes, Tazos and more
- Based our analysis on USFDA guidelines

HOW DID WE DO IT ?

- USFDA gives guidelines on Daily Values of nutrients
 - E.g. How much 'caffeine' or 'added' sugar is OK on a daily basis



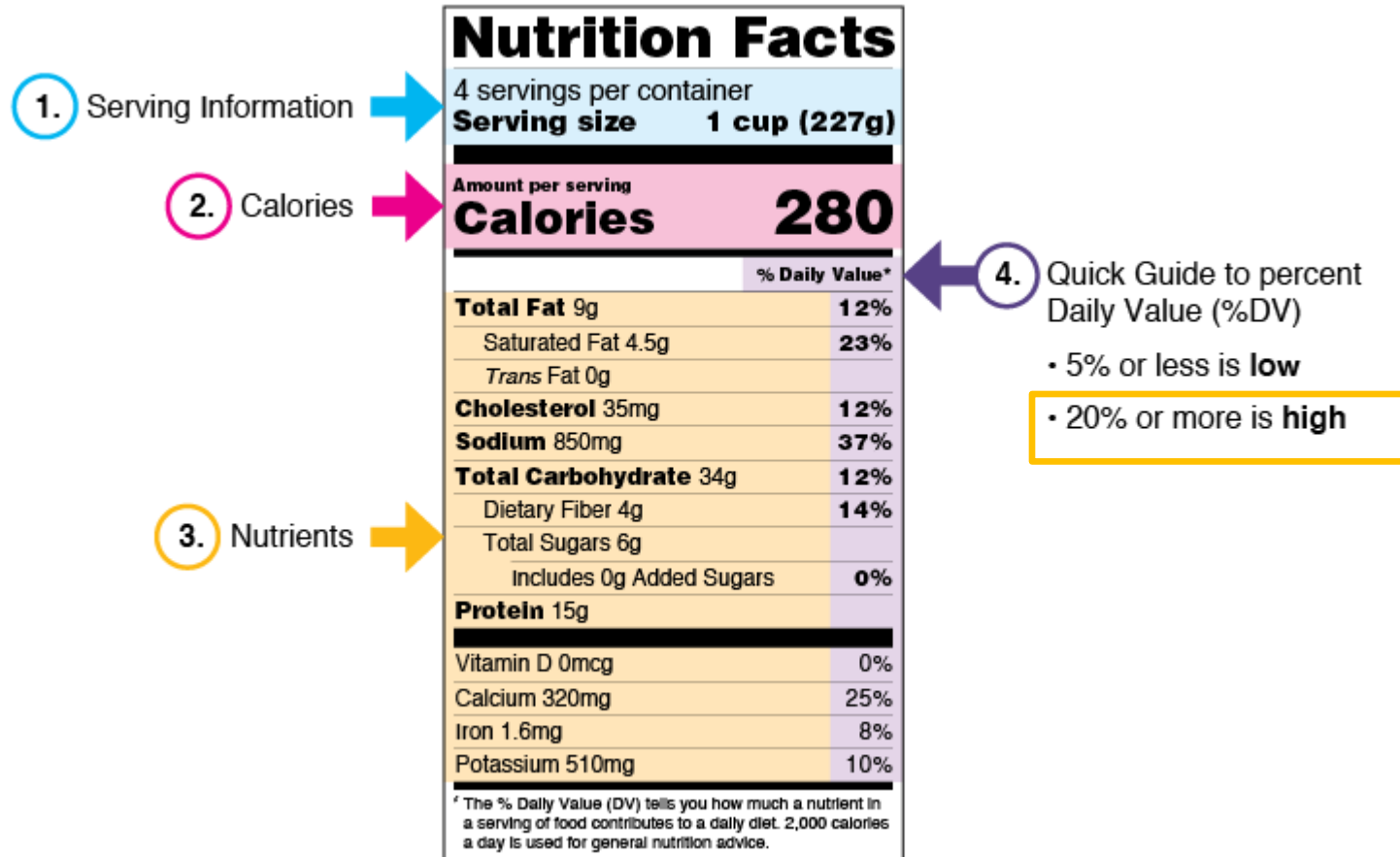
Examples of DVs versus %DVs

Based on a 2,000 Calorie Diet

Nutrient	DV	%DV	Goal
Saturated Fat	20g	=100% DV	Less than
Sodium	2,300mg	=100% DV	Less than
Dietary Fiber	28g	=100% DV	At least
Added Sugars	50g	=100% DV	Less than
Vitamin D	20mcg	=100% DV	At least

% DV (DAILY VALUE):

WHAT % OF A NUTRIENT PER SERVING IS OK



WHAT DOES FDA SAY ABOUT FOR CAFFEINE:

🔒 fda.gov/consumers/consumer-updates/spilling-beans-how-much-caffeine-too-much#:~:text=For%20healthy%20adults%2C%20the%20FDA,it%20(break%20i... ↗

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4. How much caffeine is too much?

For healthy adults, the FDA has cited 400 milligrams a day—that's about four or five cups of coffee—as an amount not generally associated with dangerous, negative effects.

However, there is wide variation in both how sensitive people are to the effects of caffeine and how fast they metabolize it (break it down).

SO 80 – 100 MG OF CAFFEINE PER SERVING IS JUST FINE..

WE LOOKED AT FIVE ELEMENTS

- Total Calories
- Total Fat
- Caffeine
- Added Sugars (sugar added over and above natural sugar in ingredients)
- Cholesterol

AND CREATED A STAR RATING FOR EACH DRINK

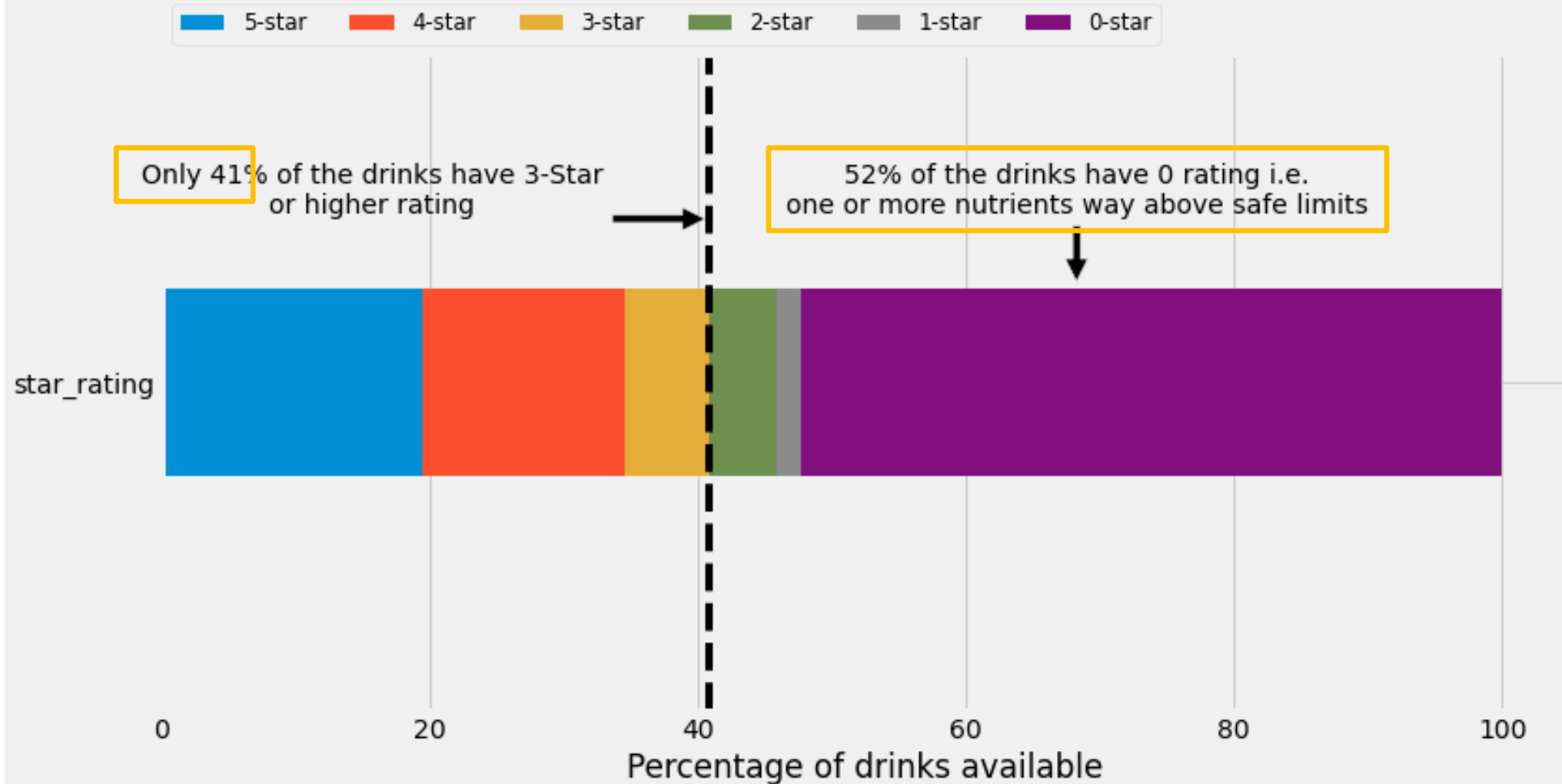
SO A DRINKS GETS

ELEMENT	5-STARS	4-STARS	4-STARS	0-STAR
Total Calories Total Fat Added Sugars Cholesterol	All 4 elements Below 10% Daily Value	Any one element above 10%, but Below 20% DV Other 3 are Below 10% DV	All 4 elements Below 10% Daily Value	Any element Above 20% Daily Value
	AND	AND	AND	OR
Caffeine	Below 100mg (25% of DV)	Below 100mg (25% of DV)	Below 200mg (50% of DV)	Above 200mg (50% of DV)



AND THE RESULTS ARE

Star Rating of Starbucks Drinks (based on nutrient balance)

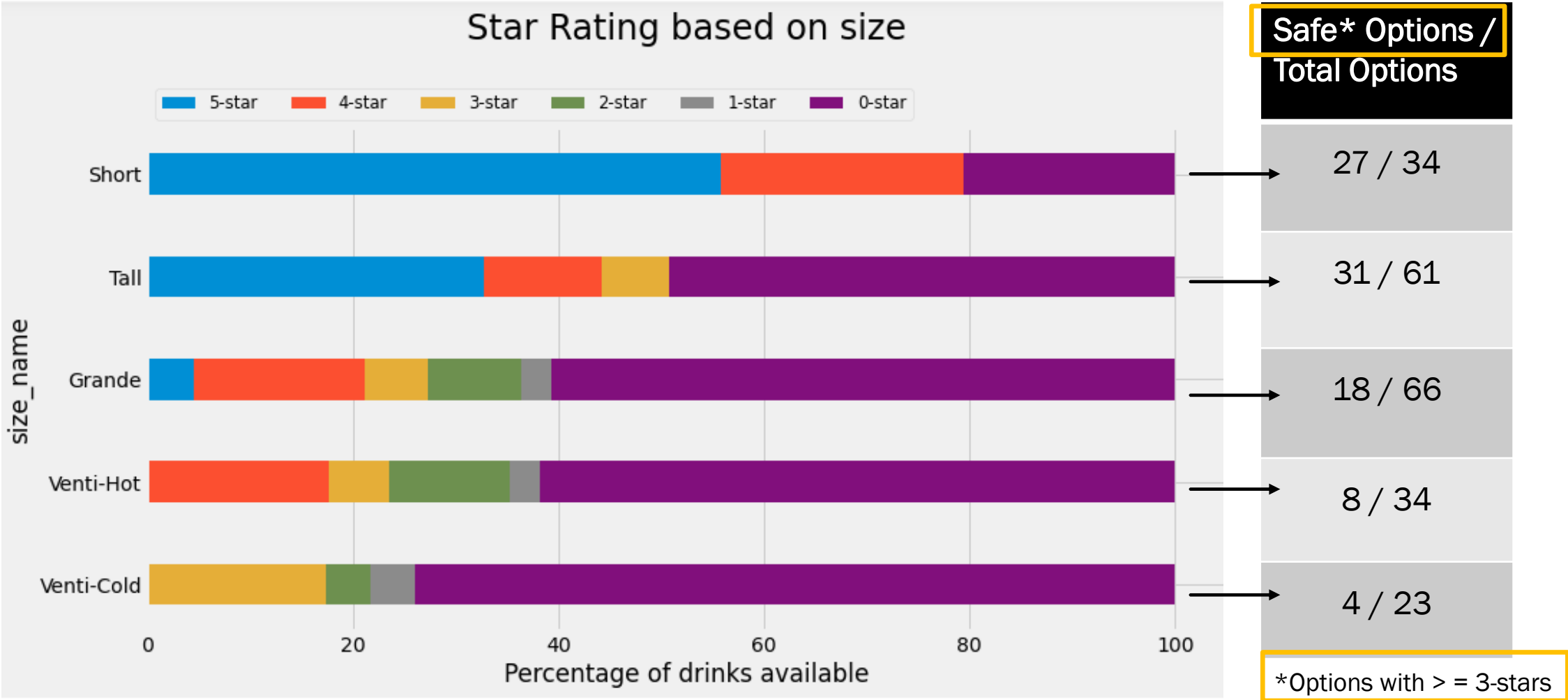




IS MY FAVOURITE DRINK SAFE ?? !!

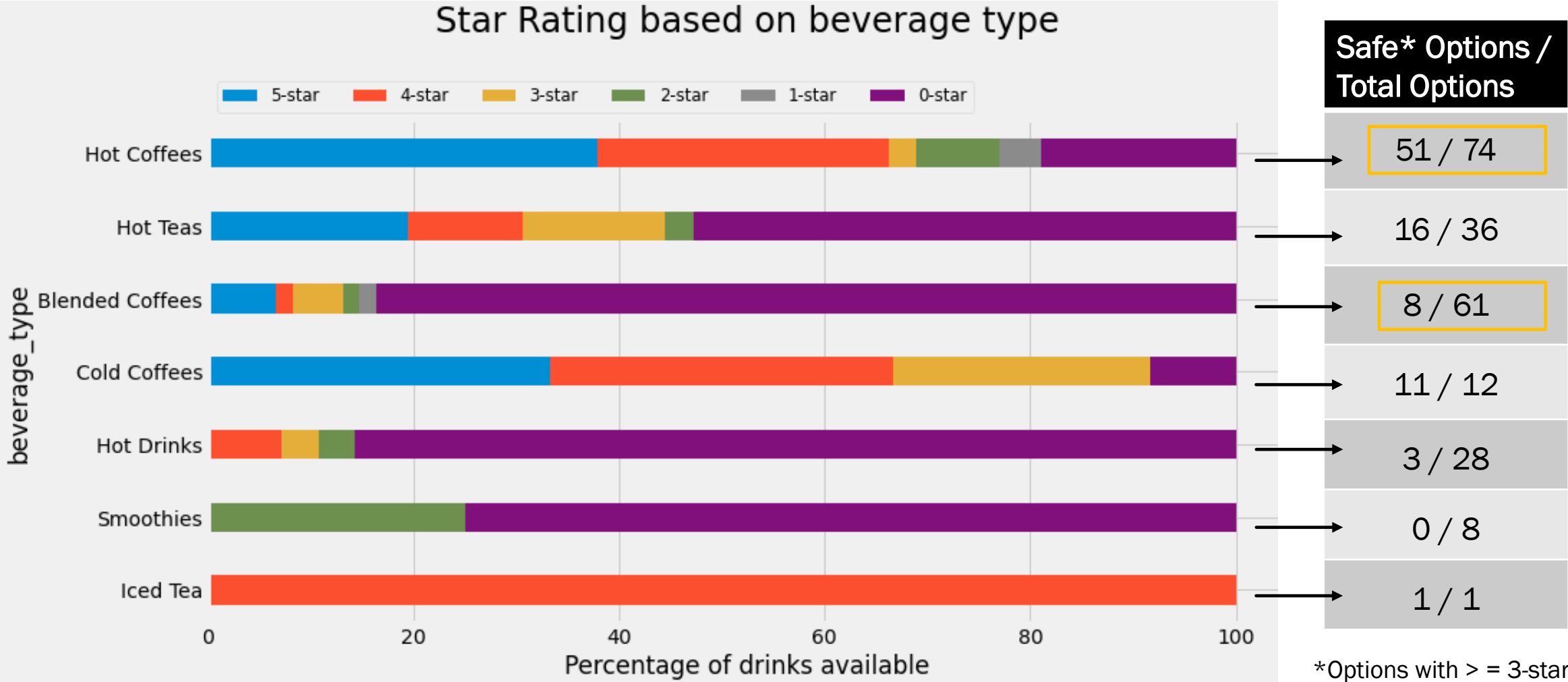
CHECK THE SIZE...IT MATTERS A LOT !

80% of Shorts are fine, but more than 60% of Venti's are NOT !!




TYPE OF DRINK MATTERS TOO!

70% of Hot Coffees are fine, but more than 80% of Blended Coffees are NOT !!



WONDERING WHAT ARE BLENDED COFFEES / HOT DRINKS ?

CHECK OUT THE STARBUCKS WEBSITE >>



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Whole Bean

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Coffee Frappuccino®




Mocha Cookie Crumble
Frappuccino® Blended
Beverage




Caramel Ribbon Crunch
Frappuccino® Blended
Beverage




Espresso Frappuccino® Blended
Beverage




Caffè Vanilla Frappuccino®
Blended Beverage




Caramel Frappuccino® Blended
Beverage



Coffee Frappuccino® Blended
Beverage



Mocha Frappuccino® Blended
Beverage



Java Chip Frappuccino®
Blended Beverage

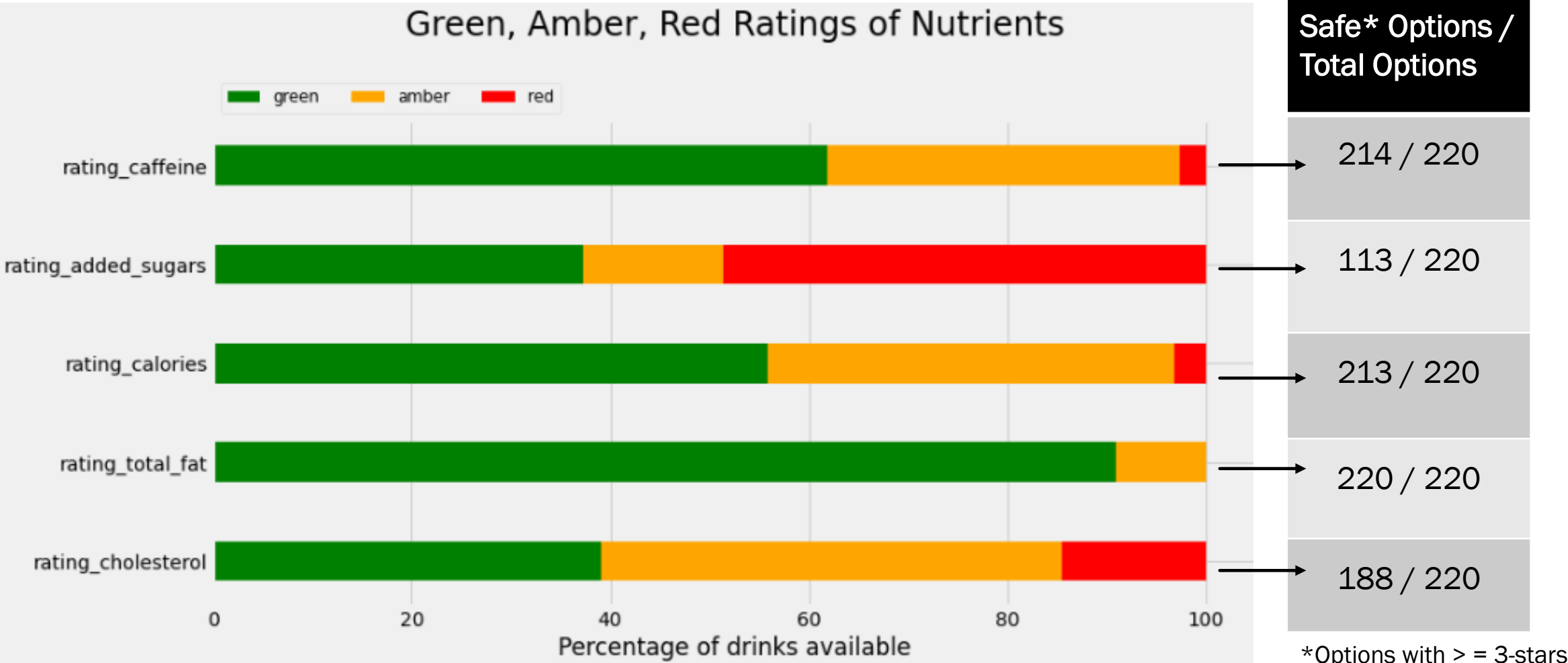
**SO WHICH NUTRIENT(S) ARE ABOVE
SAFE LIMITS?**

ENTER GREEN-AMBER-RED RATING FOR NUTRIENTS

ELEMENT	GREEN RATING	AMBER RATING	RED RATING
Total Calories Total Fat Added Sugars Cholesterol	Below 10% Daily Value	Above 10%, but Below 20% DV	Above 20% Daily Value
Caffeine	Below 100mg (25% of DV)	Above 100mg, but Below 200mg (50% of DV)	Above 200mg (50% of DV)

ADDED SUGARS ARE THE MAIN CULPRIT

49% drinks have high Added Sugars, Caffeine is within limits in 97% of drinks



**TO KNOW MORE ABOUT YOUR
FAVOURITE DRINK**

LOGON

ISMYPYCOFFEEESAFE.COM