

Starbucks Nutrition

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Introduction

- ▶ My data analysis consisted of nutritional values of popular Starbucks drinks, such as caffeine, cholesterol and sugar values.
- ▶ We analyze three main nutritional values and then compare two of them against two different beverage types to see what people should be drinking in the morning.

Sugars

- ▶ Starbucks drinks are sugary and sweet however this is not always a good thing
- ▶ The AHA suggests 24 grams of sugar a day for women and 36 grams of sugar a day for men is safe since it doesn't benefit you in any way.
- ▶ Starbucks drinks either fill that limit or double it in one drink.
- ▶ Meaning that along with other foods you eat that day you're putting your health at serious risk.

Cholesterol

- ▶ According to health organizations 200 milligrams a day is the recommended amount.
- ▶ Starbucks coffee drinks and Frappuccino's average 34mg or more of cholesterol in one drink being as high as 54mg
- ▶ Again, just drinking one of these in the mornings put you in a serious risk pool for getting heart disease. Considering you will eat more unhealthy food throughout your day. Most likely exceeding your limit.

Caffeine

- ▶ When people think of Coffee caffeine seems to be the most concerning aspect of it. Which is true depending on how much you consume.
- ▶ If we look at their regular coffee contents most of the things like cholesterol and sugar goes out the window, with regard to what you put in there.
- ▶ The caffeine in the other signature drinks isn't as high as the regular blended coffee however the coffee does seem to be healthier than their “signature drinks”

Coffee vs. Frappuccino Blended Coffee

- ▶ As stated in the previous slide Coffee has relatively low health concerns if the caffeine intake stays reasonable.
- ▶ You can over do it with added sugar and creamer, however if you are concerned about the other drinks, you will most likely be concerned about that.
- ▶ The average caffeine amount varies with the size of the drink; however one to two cups is still recommended no matter the size.
- ▶ Overall sticking to one limited cup of coffee a day would be best for your health.

Conclusion

- ▶ We learned a lot in this project and got some surprises from the values that we saw.
- ▶ Overall Starbucks isn't going to kill you if you drink one cup, however it's a new trend. Many young people are doing it.
- ▶ Its very possible that in my future my peers who drink the high cholesterol high sugar drinks every single day may have chronic health problems from it in the future.
- ▶ Much research still can be done however this is a good first look into the health risk factors of drinking Starbucks.