



COFFEE HOUSE

SOCIAL IMPACT

STORIES



FIND A STORE

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 →

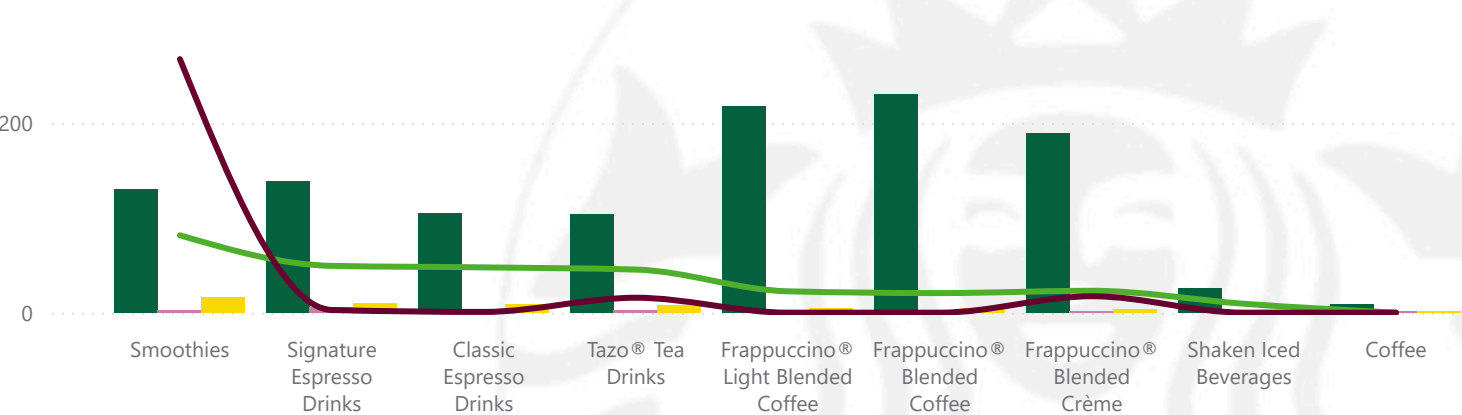




Calorie's Makeup, and Vitamin Content

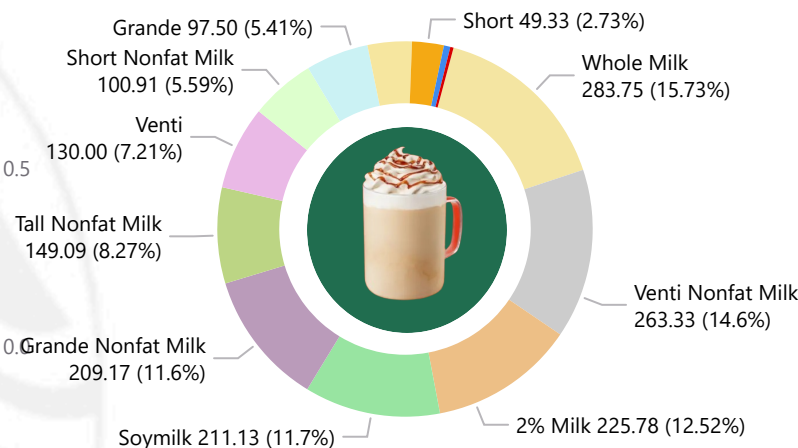
Average by Beverage Category

Carbohydrates (g) Total Fat (g) Protein (g) Vitamin A (% DV) Vitamin C (% DV)



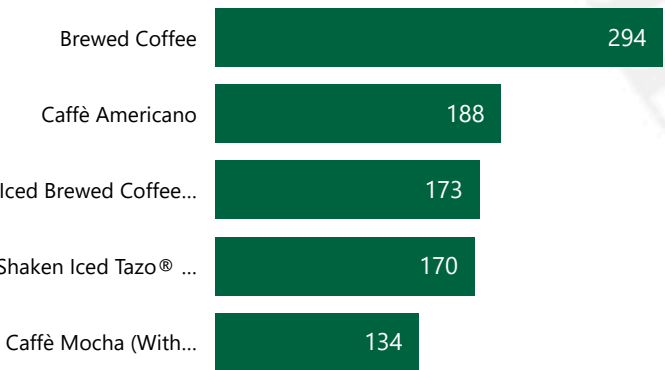
Calorie's Content (mg)

Average by Preparation Type



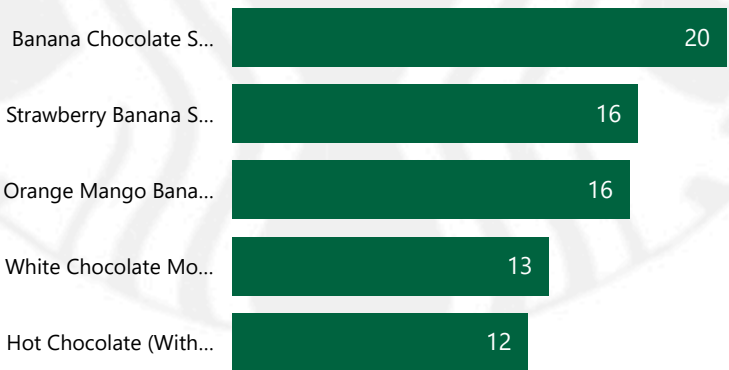
Best for Caffeine

Caffeine Content by Drink (mg)



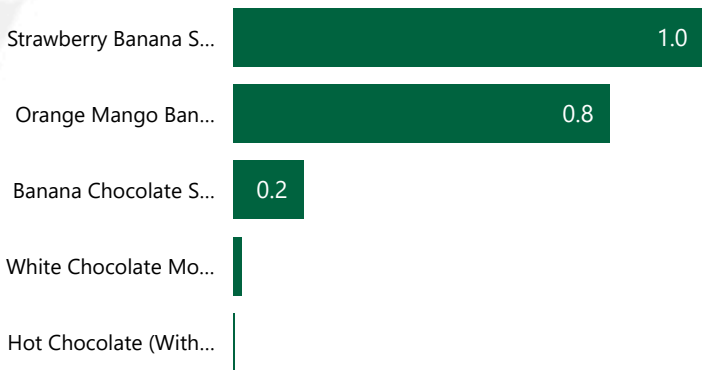
Best for Protein

Protein Content by Drink (mg)



Best for Vitamin C Content

Vitamin Content by Drink (%DV)



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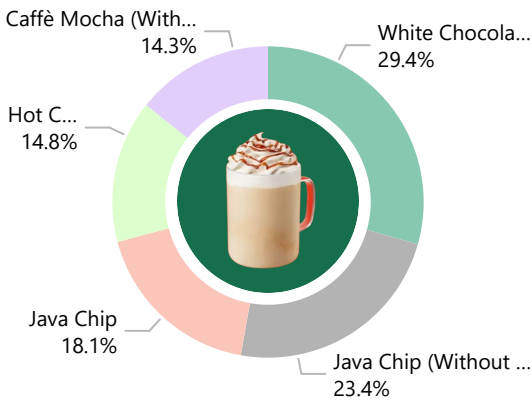
Insights



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)
<input type="checkbox"/> 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
<input type="checkbox"/> 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
<input type="checkbox"/> 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
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: is a type of unsaturated fat that has been chemically altered or occurs naturally in small amounts in some animal products.

It is known for its negative health effects, particularly its role in **raising bad cholesterol levels (LDL)** and **lowering good cholesterol levels (HDL)**, which increases the risk of heart disease.

Due to its health risks, many countries have **banned** or limited the use of **artificial trans** fats in food products. The World Health Organization (WHO) has called for the global elimination of trans fats by 2023.

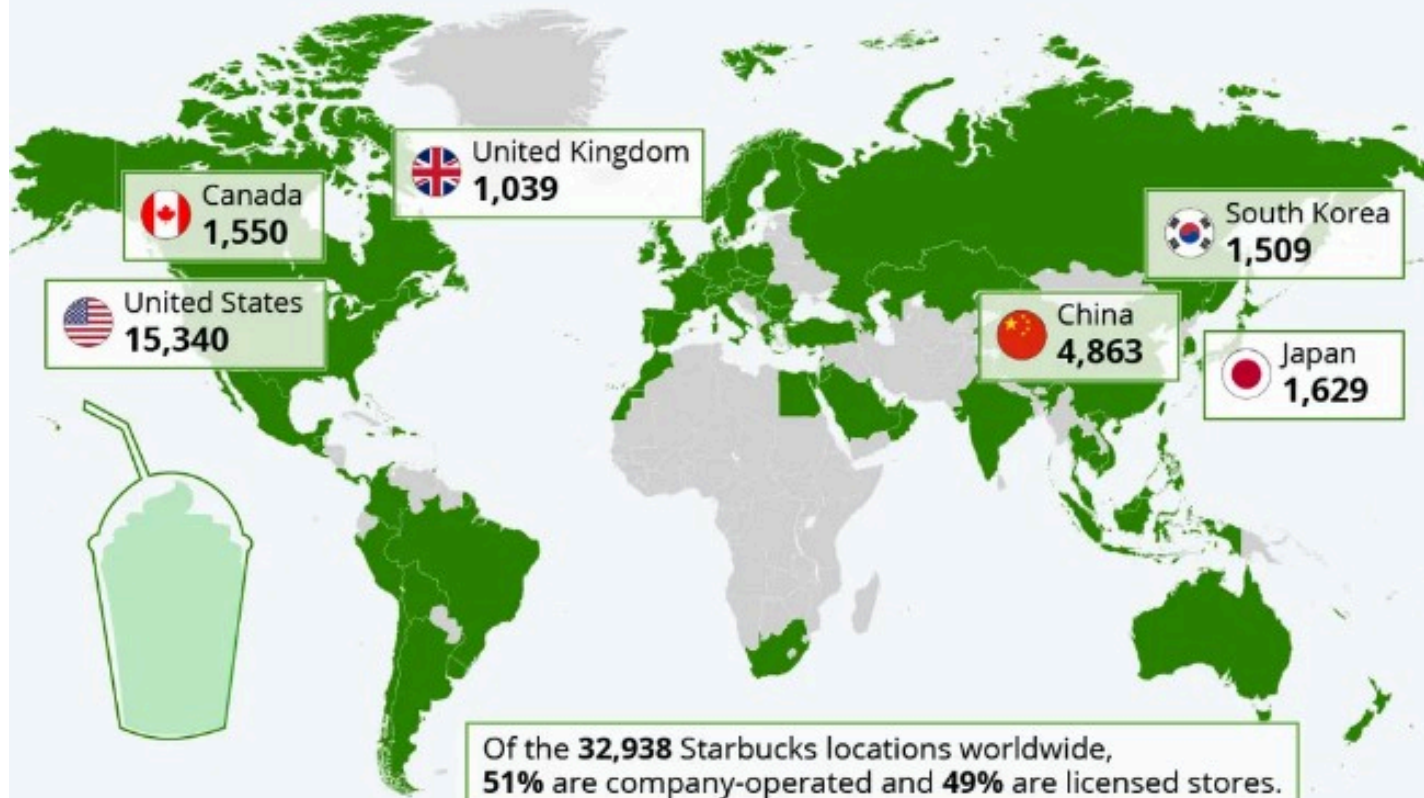




FIND A STORE

Starbucks at 50: A Sprawling Coffee Empire

Countries with the most/at least one Starbucks store
(as of December 27, 2020)



Source: Starbucks