



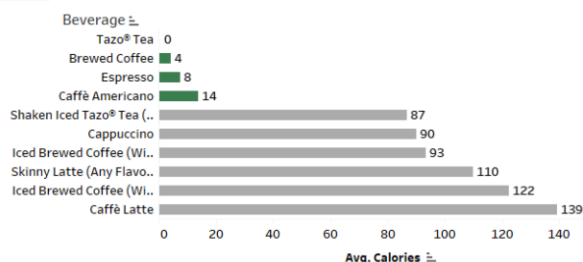
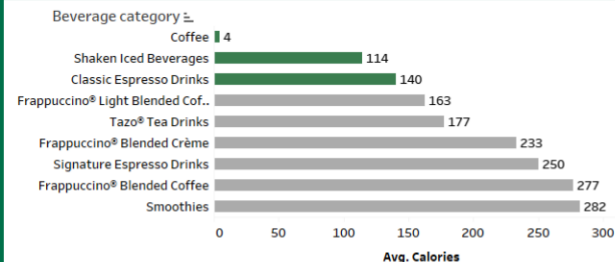
STARBUCKS - Your guide to choosing nutritious drinks!

- a project by **Abhishree Agrawal**

Starbucks offers a total of 33 beverages of 9 different categories, with an option of different sizes and milk type. Checkout the Nutrition Analysis on all the beverages being offered, as a guide for your purchase decisions.

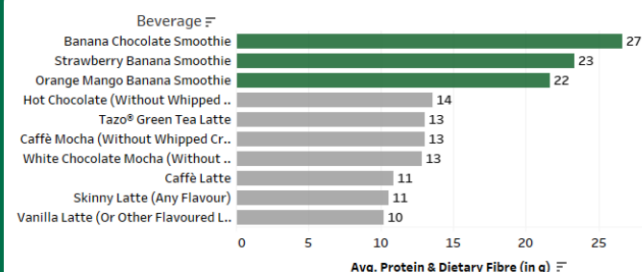
Please note: The analysis is based on the assumption that customers purchase the beverages as is, without customizing them with additional sugar or caffeine shots.

Count your calories!



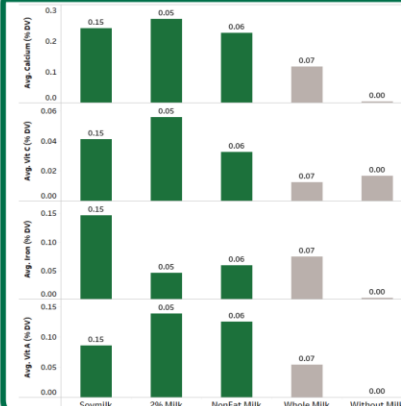
Coffee, Shaken Iced Beverages and Classic Espresso Drinks are the top 3 categories of beverages with lowest average calories. Beverages like **Tazo tea, Brewed coffee, Espresso and Caffè Americano** are particularly low calorie drinks. Tall, Grande and Venti are large cups and thus the average calorie count of drink will usually increase with size of the cup.

Friends of Fitness (Proteins + Dietary Fibers)



Smoothies are the richest source of proteins and dietary fibres in the starbucks menu, followed by **Hot chocolate** and **Tazo Green tea**.

Daily Vitality (Vitamins + Minerals)

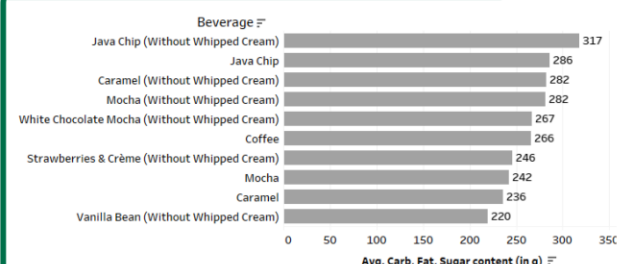


One can reduce calorie intake by customizing beverages without milk.

However **2% Milk, Soymilk, and NonFat milk** should be preferred as they are rich in Vitamin A & C, Iron and Calcium.

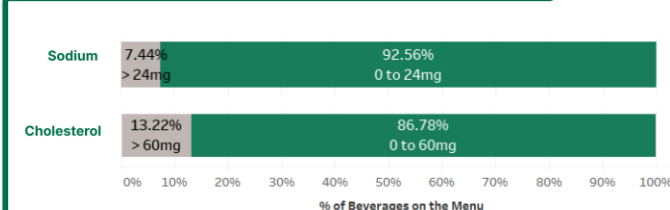
Of these three, **Soymilk** has the most balanced nutrient profile.

The Taste of Indulgence (Carbs + Fats + Sugars)



Beverages such as **Java Chip, Caramel, Mocha** have significant amount of carbohydrates, fats and sugars added in them, while providing insufficient amounts of proteins, vitamins and minerals.

The Heart-breakers! (Cholesterol + Sodium)



93% of the beverages have less than 24mg of sodium content which is less than 1/100th daily recommended intake.

87% of all the beverages have less than 60mg of cholesterol which is 20% of the daily recommended intake.

Beverages which have a high average mg of cholesterol are **Java chip, Caramel Apple Spice and Mocha (without whipped cream)**.

Beverages which have a high levels of sodium are the **2% milk, Venti size of Caramel Macchiato, Tazo Green Tea Latte and White Chocolate Mocha**.

The Top Scorers!

Below are the Top 5 drinks that are the best options for a balanced nutrient profile. The **Soymilk** and **Short, Tall, or Grande** size options should be preferred. The drinks have been selected on the basis of a nutrition scoring system that involves providing maximum proteins, vitamins, minerals, and dietary fibre while maintaining controlled levels of carbohydrates, fats, sugar and cholesterol.

Components	Hot Chocolate (Without Whipped Cream)	Orange Mango Banana Smoothie	Strawberry Banana Smoothie	Tazo® Green Tea Latte
Calories	193.3	270.0	290.0	226.7
Carbohydrates (g)	93.3	120.0	120.0	106.7
Trans Fat (g)	1.5	0.4	0.4	0.6
Proteins (g)	9.0	15.0	16.0	8.7
Dietary Fibres (g)	2.3	6.0	8.0	2.0
Vitamins and Minerals (%DV)	0.7	1.5	1.2	0.7