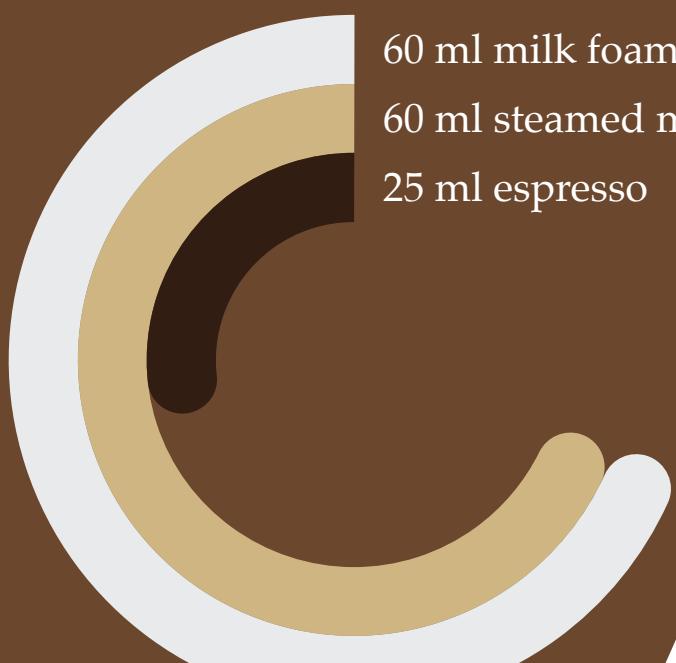


CAPPUCCINO

カプチーノ



COMPOSITION



NUTRITION

Cholesterol	8 mg	180 ml
Sodium	35 mg	56 calories
Calcium	101.4 mg	
Total Carb	4.6 g	
Protein	3 g	
Total Fat	3 g	

CONSUMPTION DENSITY



BODY BENEFITS

The Strengths of Espresso + Milk

- › Boosts short-term memory
- › Leads to a healthy heart
- › Good source of calcium
- › Provides dopamines



Milk Foam

Cappuccinos are topped with milk foam, but did you know that there can be up to 2 centimeters of milk foam on top of a traditionally prepared cappuccino?

In Italy

In Italy as well as in several areas of Europe, cappuccinos are commonly ordered for breakfast along with a pastry.

vs. Latte

Traditionally, cappuccinos tend to be smaller than lattes, averaging around 180 ml. Lattes, on the other hand, tend to be around 200 ml..

Etymology

Derived from the Latin, Caputium. The word means 'hood.' The drink is thought to be named after Italian 'Capuchin' friars that wore brown habits.

Stephanie Choi - SI 520 Section 1

cals and nutrition: https://www.calorieking.com/foods/calories-in-coffees-cappuccino-whole-milk_f-ZmlkPTcwMzE0.html

info: <https://en.wikipedia.org/wiki/Cappuccino>

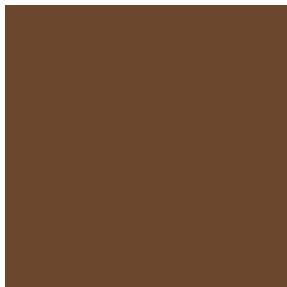
image: <http://www.thegrind.cafe/store/p2/Cappuccino.html>

trends: <http://www.javajenius.com/the-coffee-lifestyle/cappuccino-drinking-trends-in-us/>

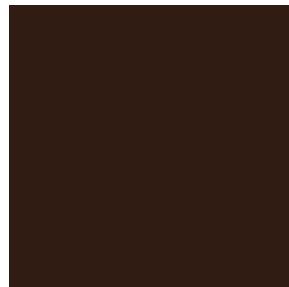
facts: <http://www.coffeescience.org/top10-health-benefits-of-drinking-coffee-everyday/>

Sources

Palette: Monochromatic



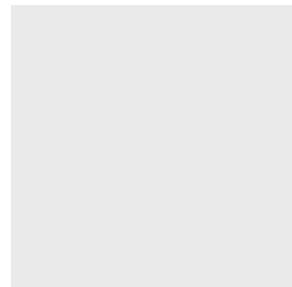
C: 42
M: 65
Y: 80
K: 40



C: 55
M: 71
Y: 75
K: 74



C: 20
M: 26
Y: 56
K: 0



C: 8
M: 6
Y: 6
K: 0

Type theme: Serifs

Palatino Regular
Palatino Bold
凸版文久明朝 レギュラー

Boldness, Fine dining,
Luxurious

Information and Sources:

cals and nutrition: https://www.calorieking.com/foods/calories-in-coffees-cappuccino-whole-milk_f-ZmlkPTcwMzE0.html

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