



STARBUCKS NUTRITION SPECIAL

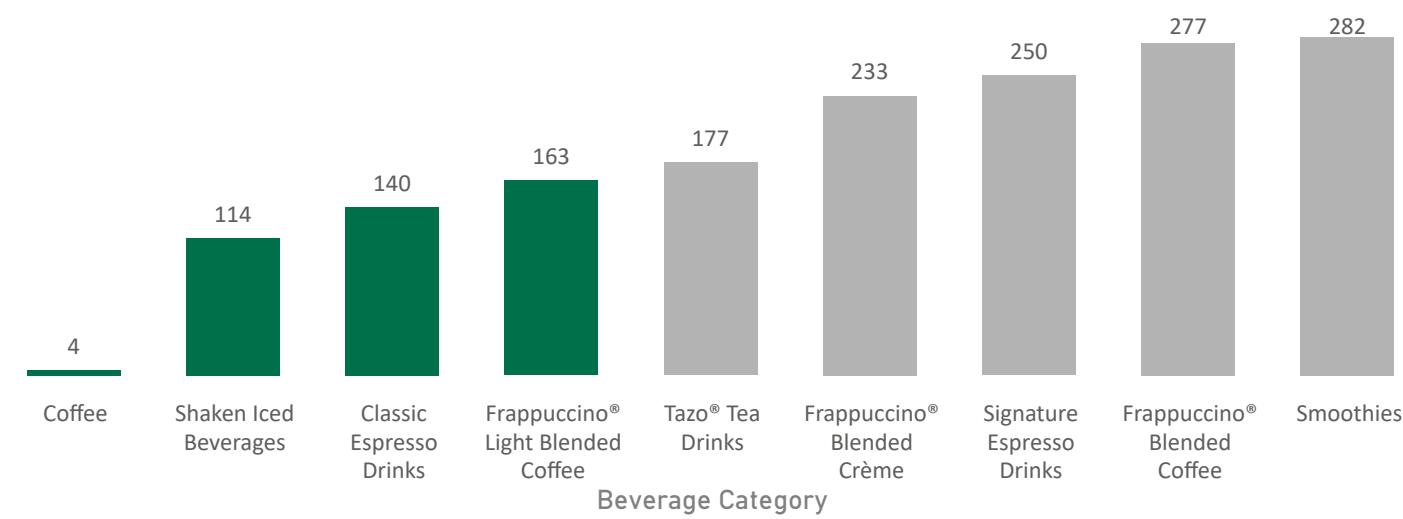
Worried about unhealthy drinks? Check out these 3 healthy categories of drinks

1

LOW CALORIE DRINKS

The **coffee** and **shaken** ice beverages are the drink categories with low Calories, and if you want it prepared, you should probably go for **solo, doppio, short or tall**

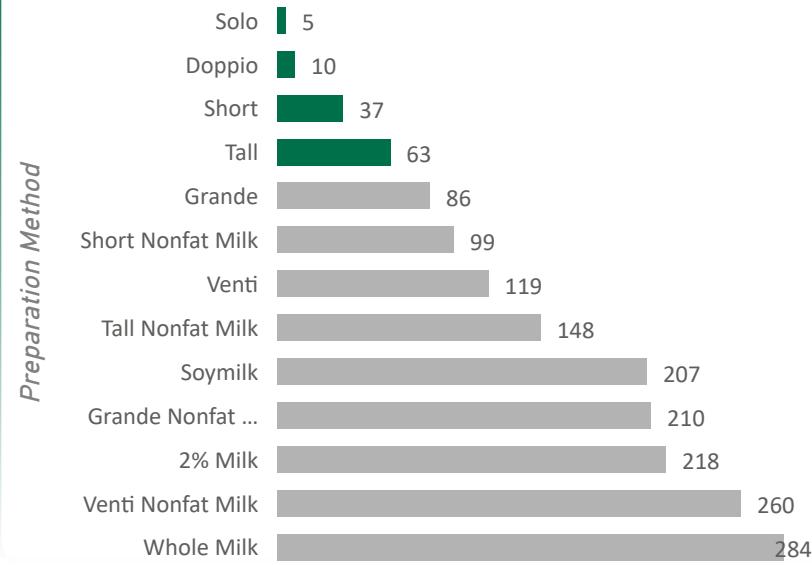
Average Calorie by Beverage Category



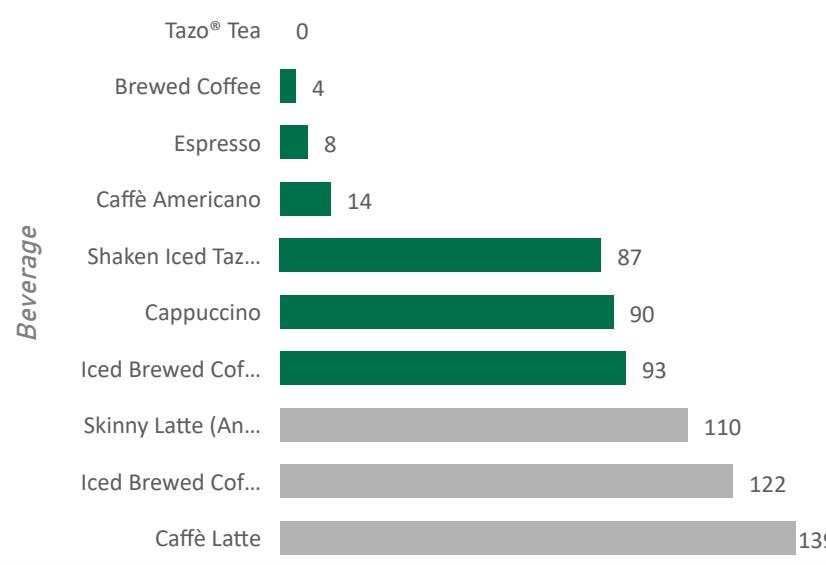
TIP
While Taking coffee, You might want it prepared short. The short contains the lowest amount of caffeine while also having very low calorie content.



Average Calorie by Preparation Method



10 Beverages with the lowest calorie contents



2

LOW FAT AND LOW CARB DRINKS

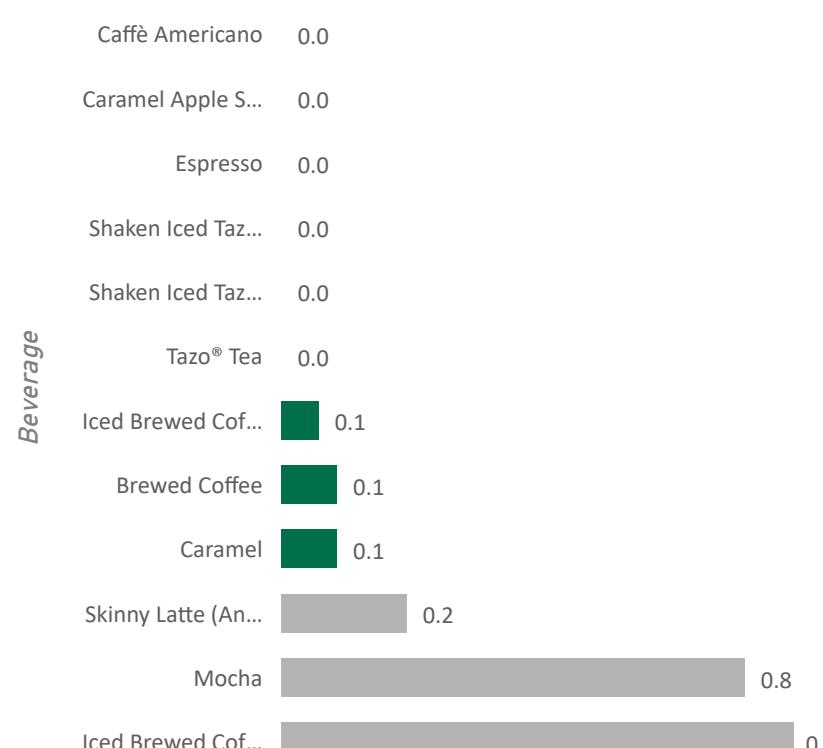
Some **Tazo tea** varieties, **Expresso**, **Brewed Coffee** and **Caramel** have some of the lowest Fats and Carbohydrates contents

TIP

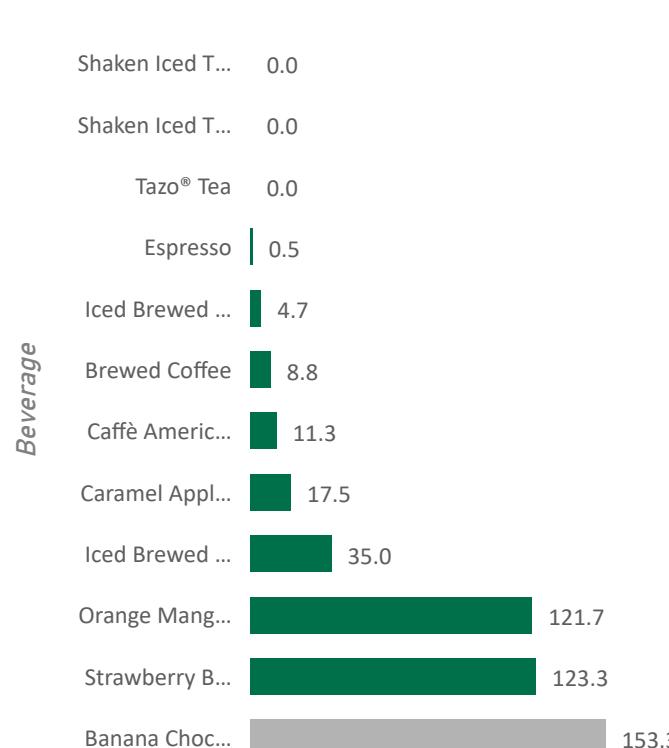
The Tazo tea is a good alternative for coffee drinkers. While having low calories, it also maintains lower caffeine contents when compared with coffee drinks



12 Beverages with the lowest Fat contents in grams



12 Beverages with the lowest carb contents in grams



3

BALANCED DRINKS AND HIGH VITAMINS DRINKS

These Balanced drinks have very low Trans fat content and medium calorie contents with other supplements. If you need to up your vitamins, **smoothies** are your go to drinks

TIP

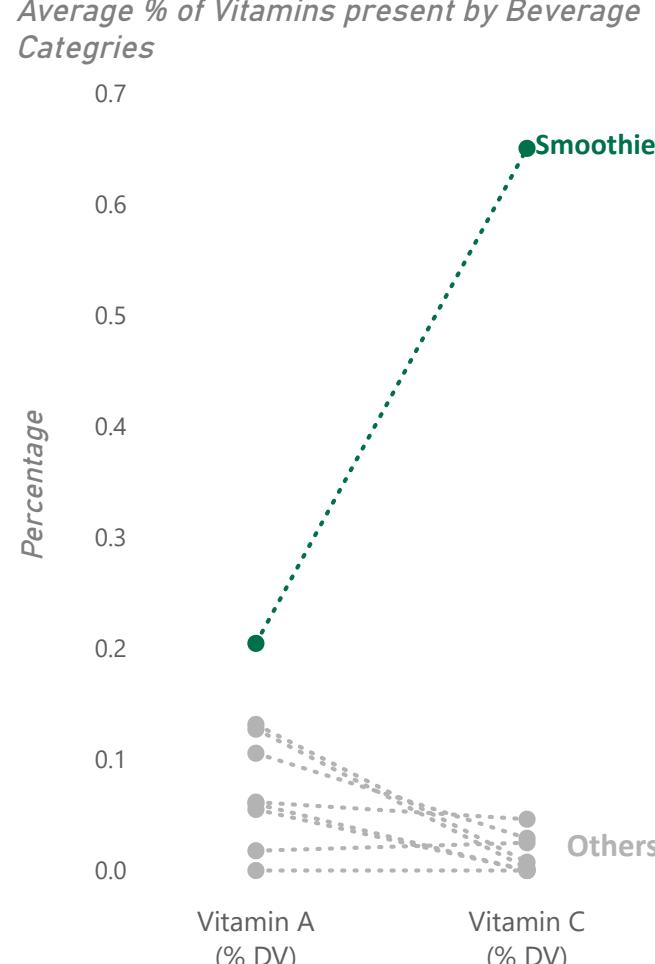
When Taking the Strawberry and Crème, Java Chip and Signature Espresso Hot chocolate, It should be without Whipped Cream for balanced Calorie



Five balanced drinks for your nutrition

	Calorie	Total Fat	Protein	Dietary Fiber	Vitamins A&C
Mocha	210	1g	6g	1g	0.01%
Strawberry And Crème	240	2g	3g	1g	0.1%
Java Chip	220	3g	4g	1g	0.04%
Hot Chocolate	240	2.5g	14g	2g	0.2%
Strawberry & Banana Smoothie	290	1g	16g	7g	1.04%

Average % of Vitamins present by Beverage Categories



Did You know?

1

Starbucks gives you a hack for saving money; bring in your own reusable cup, and Starbucks will give you a 10% cup discount.

2

Starbucks takes very good care of their employees and it spends more money on their health insurance than it does for coffee beans.

3

The amount of caffeine in 'Venti'(a variety of coffee at Starbucks) is four times the amount of caffeine in a Red Bull.

4

In a survey, it has been found that most loyal customers of Starbucks visit it for at least 16 times a month!

5

We thought that the U.S would be the largest customer of a coffee shop, but Starbucks makes most of its profit from China!