



# Starbucks

## Beverages & Diet Analysis

Do you know which Beverage is healthy or unhealthy ? Let's check it.....



By Kshitiz Sharma

### Banana Chocolate Smoothie

Healthiest Drinks

**510**

Calories (Joules)

**20.00**

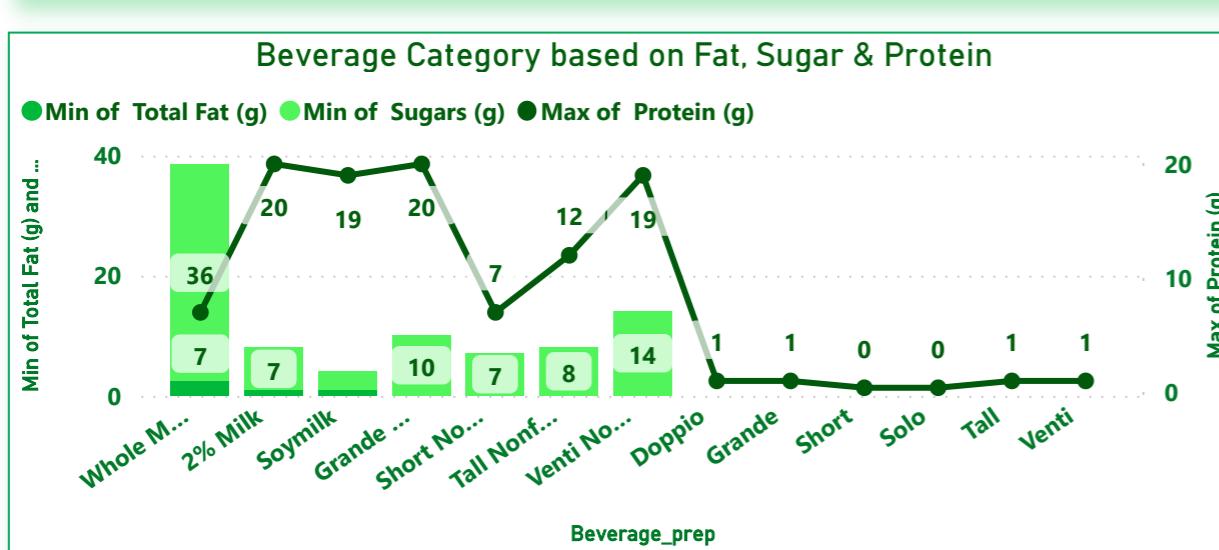
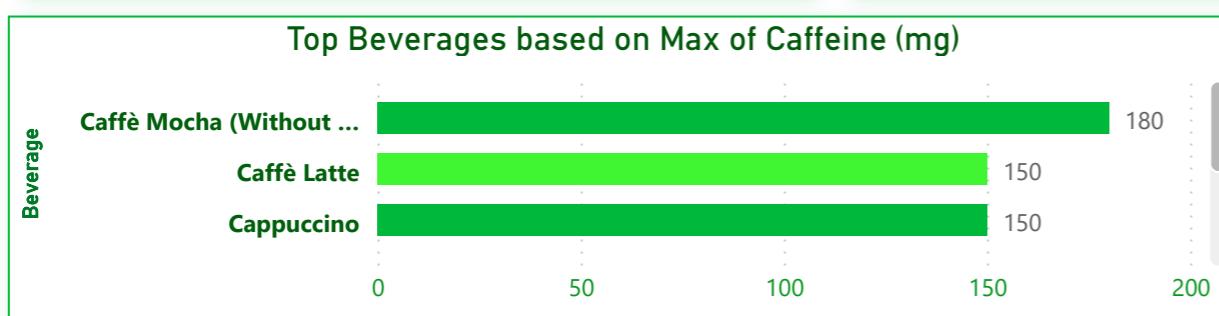
Protein (g)

**2.90**

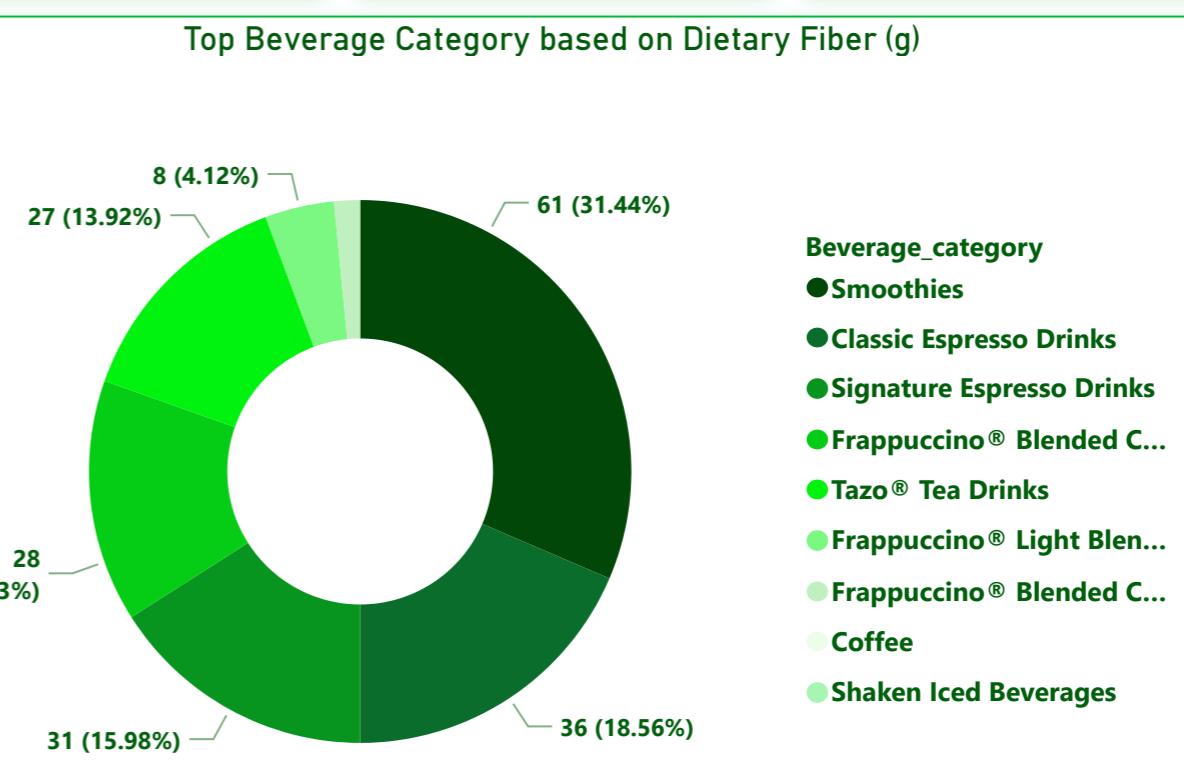
Fat (g)

**8**

Dietary Fiber (g)



- Drinks containing Caffeine are dangerous for health , especially when anyone consumes more than 300 mg. So, Coffee Mocha must be avoided.
- Smoothies contains 61g of Dietary Fiber, 2540 J of Calories and 154g of Protein. So, Smoothies are good for drinking which helps to prevent or relieve constipation.
- Healthiest drink is Banana Chocolate Smoothie.



### Smoothies

Healthiest Beverage Cage

**193.35**

Calories (Joules)

**35.86**

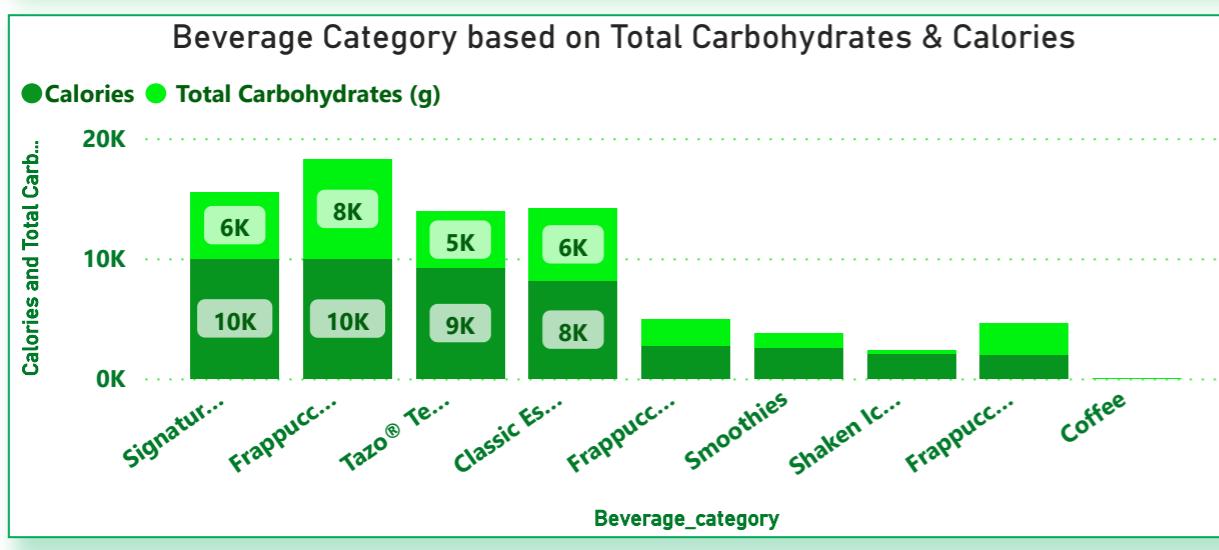
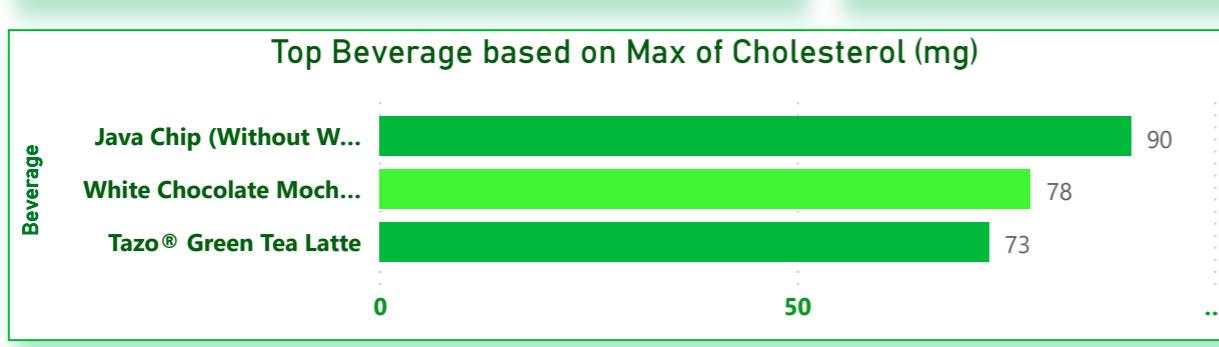
Cholesterol (mg)

**32.83**

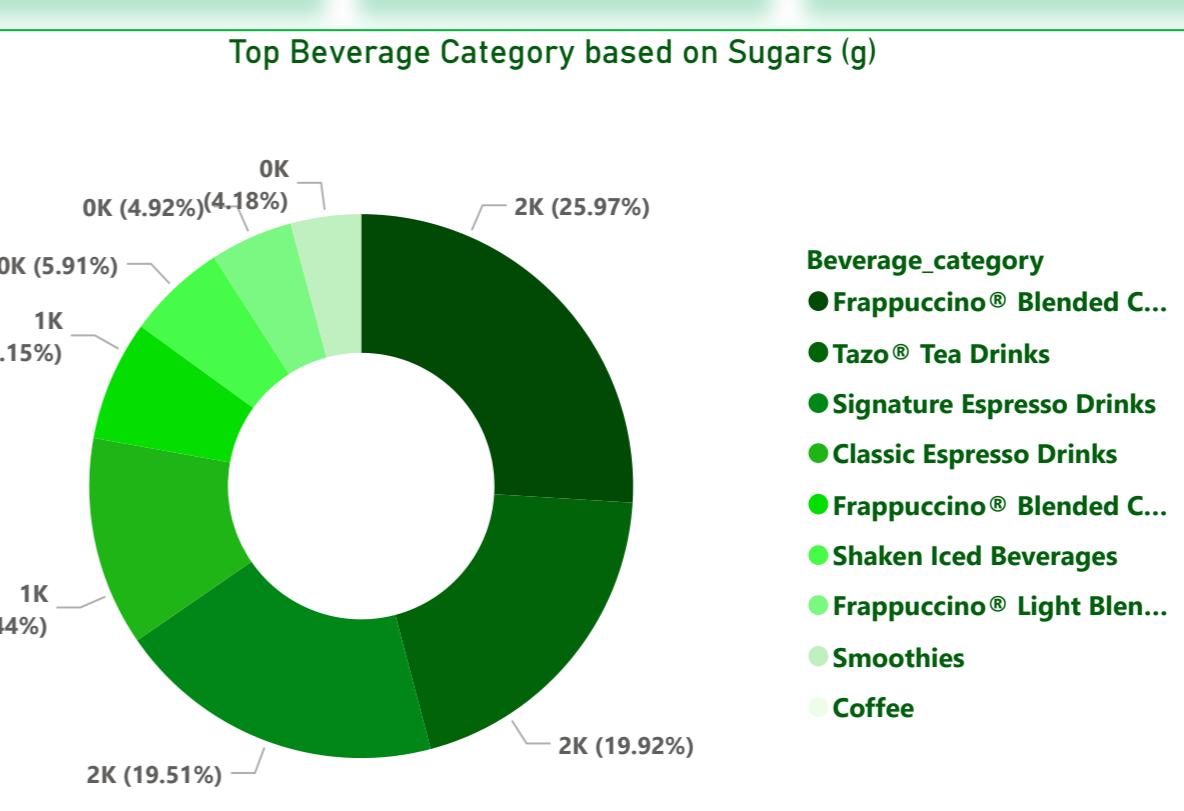
Sugars (g)

**128.38**

Carb. (g)



- Consumption of Sugar regularly cause 2 types of Diabetes with 26% of chance. Drinks like Frappuccino Blended Coffee (84g), Tazo Tea Drinks (71g), Signature Espresso Drinks (83g) and Frappuccino Blended Creme (69g) which contains maximum amount of Sugar. Reversely, Smoothies (41g) preferred as it contains least amount of Sugar.
- High Cholesterol Food (300 mg maximum in a day) is very dangerous for health which cause high blood pressure, heart attack, etc. So, Java Chip must be avoided.



### Lentils & Vegetable bowls

Healthiest Food

**650**

Calories (Joules)

**34**

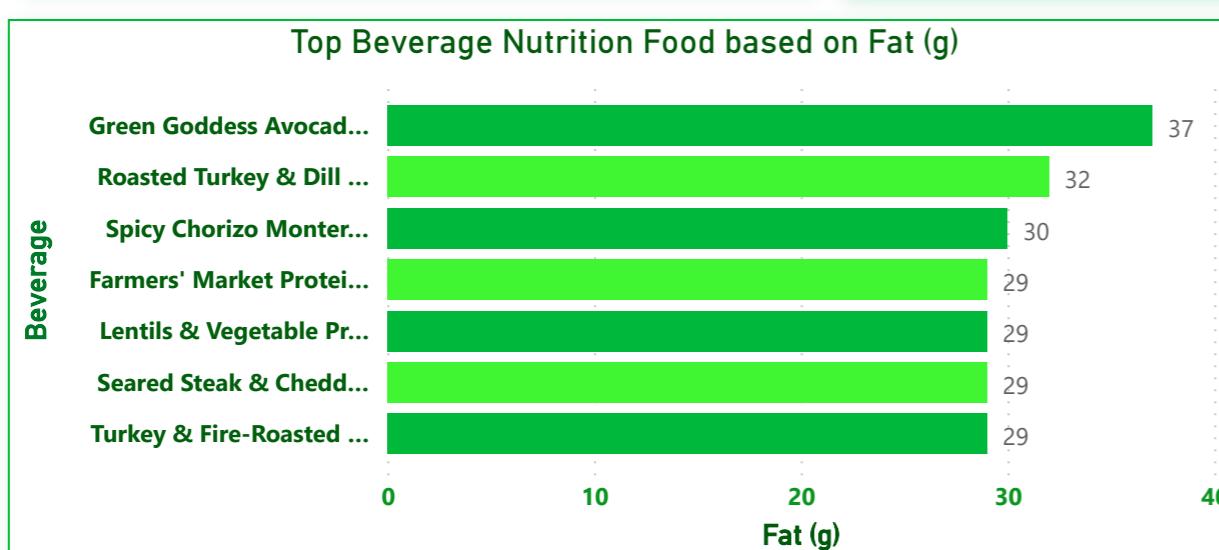
Protein (g)

**16.35**

Fat (g)

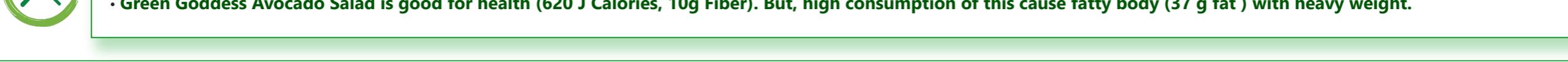
**5**

Carbohydrates (g)



Beverage	Protein (g)	Fat (g)
Roasted Turkey & Dill Havarti Sandwich	32	32.00
Turkey Pesto Panini	34	23.00
Za'atar Chicken & Lemon Tahini Salad	27	23.00
Turkey & Havarti Sandwich	29	21.00
<b>Total</b>	<b>149</b>	<b>116.00</b>

- Lentils and Vegetable Protein Bowl with Brown Rice contains maximum Calories (650J) of Energy, maximum Fibers (21g) and less fat (fat<30g), which is good for Health and Mental purposes. So, it is good for Diet and Health perspective.
- Green Goddess Avocado Salad is good for health (620 J Calories, 10g Fiber). But, high consumption of this cause fatty body (37 g fat ) with heavy weight.





# Starbucks

## Beverages & Diet Analysis

Do you know which Beverage is healthy or unhealthy ? Let's check it.....



By Kshitiz Sharma

### Banana Chocolate Smoothie

Healthiest Drinks

**290**

Calories (Joules)

**19.67**

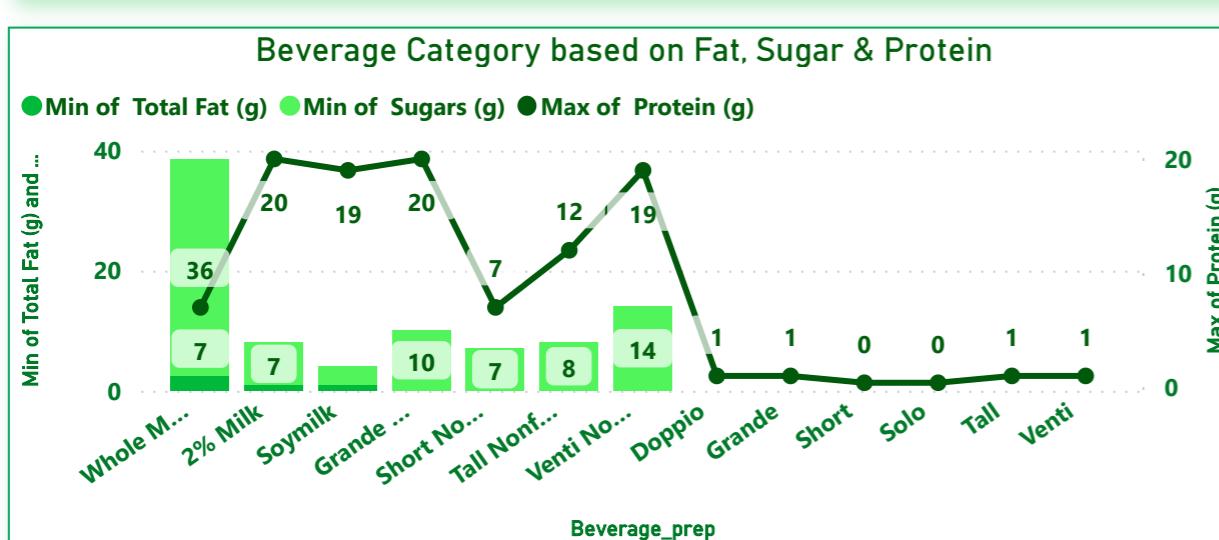
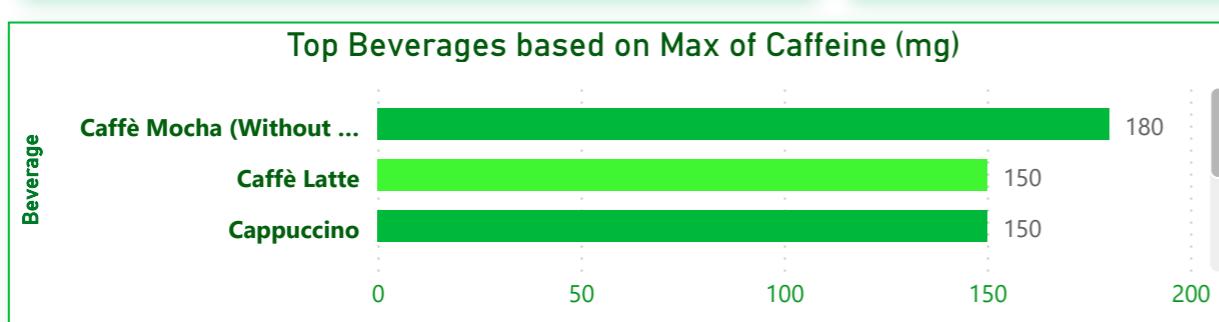
Protein (g)

**4**

Fat (g)

**7**

Dietary Fiber (g)



• Drinks containing Caffeine are dangerous for health , especially when anyone consumes more than 300 mg. So, Coffee Mocha must be avoided.  
• Smoothies contains 61g of Dietary Fiber, 2540 J of Calories and 154g of Protein. So, Smoothies are good for drinking which helps to prevent or relieve constipation.  
• Healthiest drink is Banana Chocolate Smoothie (Calories 290 J, Protein 19.67g, Fat 4g, Dietary Fiber 7g ).



### Smoothies

Healthiest Beverage Category

**282.22**

Calories (Joules)

**54.55**

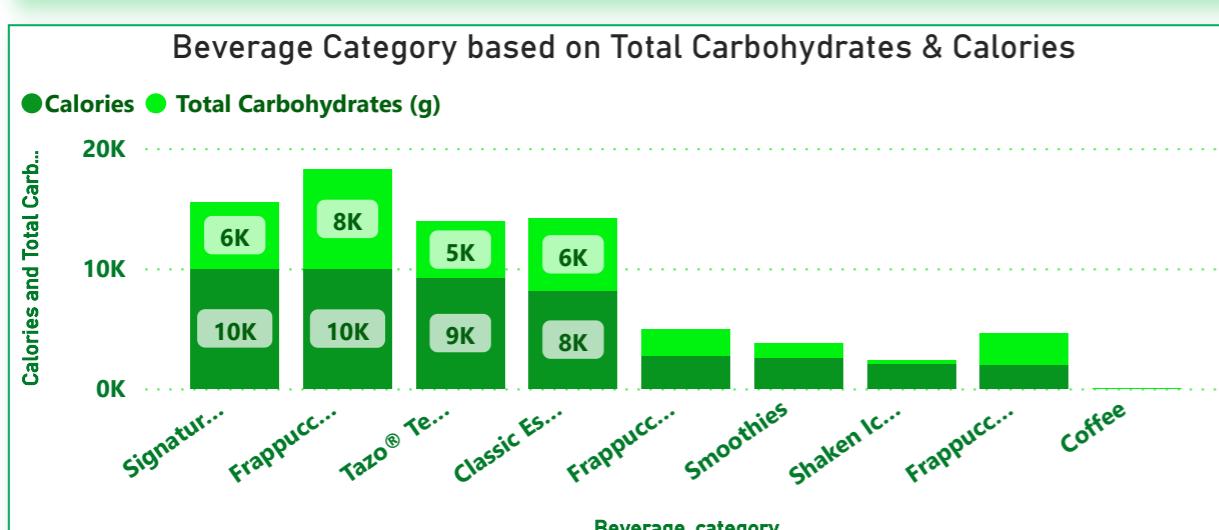
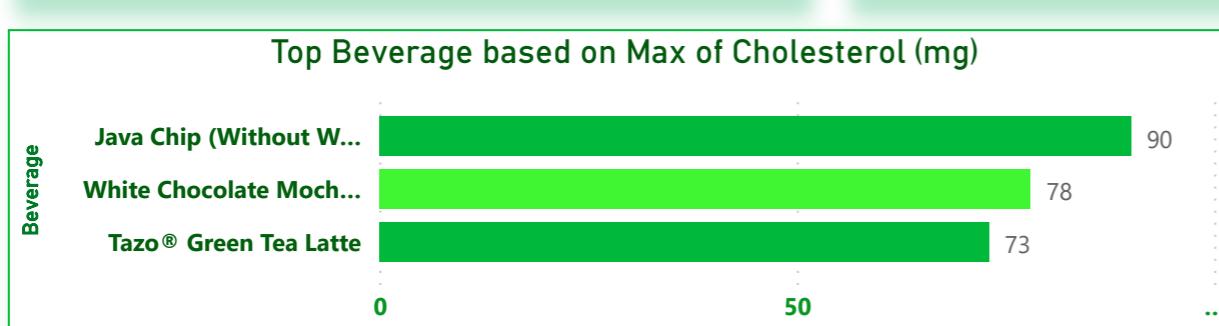
Cholesterol (mg)

**36.78**

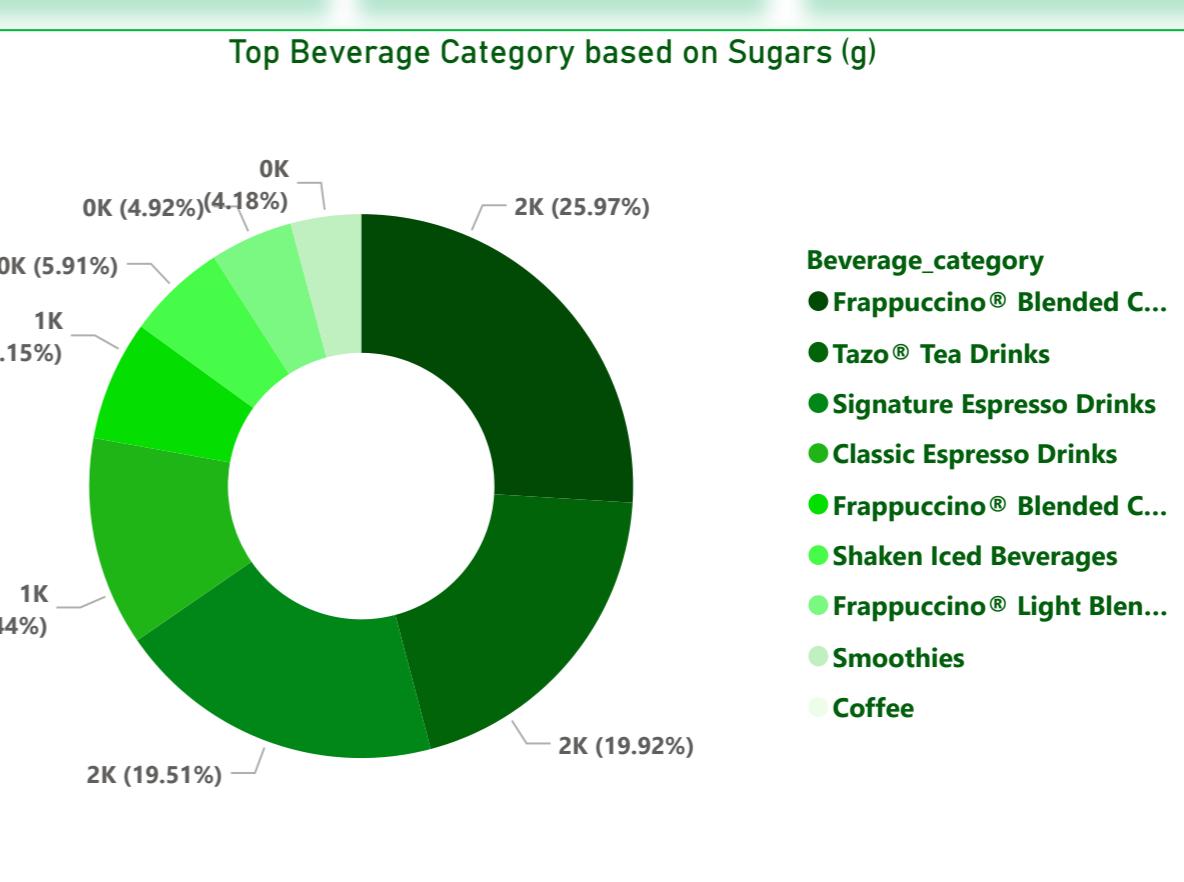
Sugars (g)

**132.78**

Carbohydrates (mg)



• Consumption of Sugar regularly cause 2 types of Diabetes with 26% of chance. Frappuccino Blended Coffee (84g), Tazo Tea Drinks (71g), Signature Espresso Drinks (83g) and Frappuccino Blended Creme (69g) which contains maximum amount of Sugar. Reversely, Smoothies (avg 36.78g) preferred as it contains least amount of Sugar.  
• High Cholesterol Food (300 mg maximum in a day) is very dangerous for health which cause high blood pressure, heart attack, etc. So, Java Chip must be avoided.



### Lentils & Vegetable bowls

Healthiest Food

**650**

Calories (Joules)

**23**

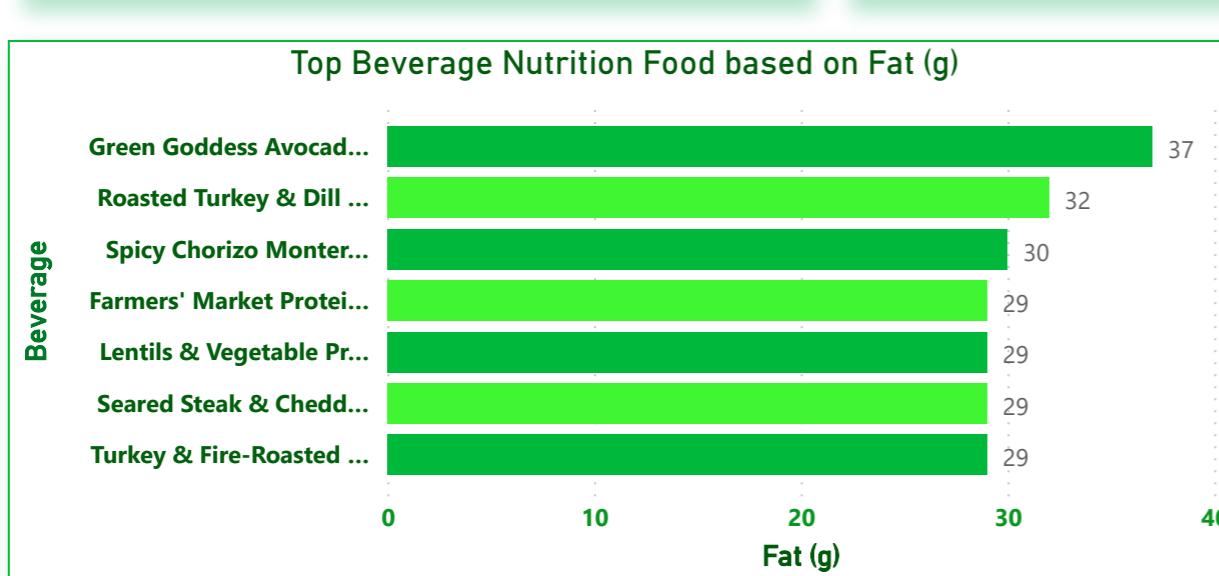
Protein (g)

**29**

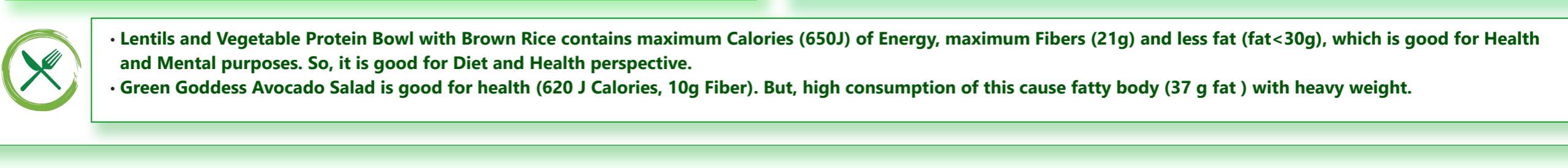
Fat (g)

**21**

Dietary Fiber (g)



Beverage	Protein (g)	Fat (g)
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• Lentils and Vegetable Protein Bowl with Brown Rice contains maximum Calories (650J) of Energy, maximum Fibers (21g) and less fat (fat<30g), which is good for Health and Mental purposes. So, it is good for Diet and Health perspective.  
• Green Goddess Avocado Salad is good for health (620 J Calories, 10g Fiber). But, high consumption of this cause fatty body (37 g fat ) with heavy weight.