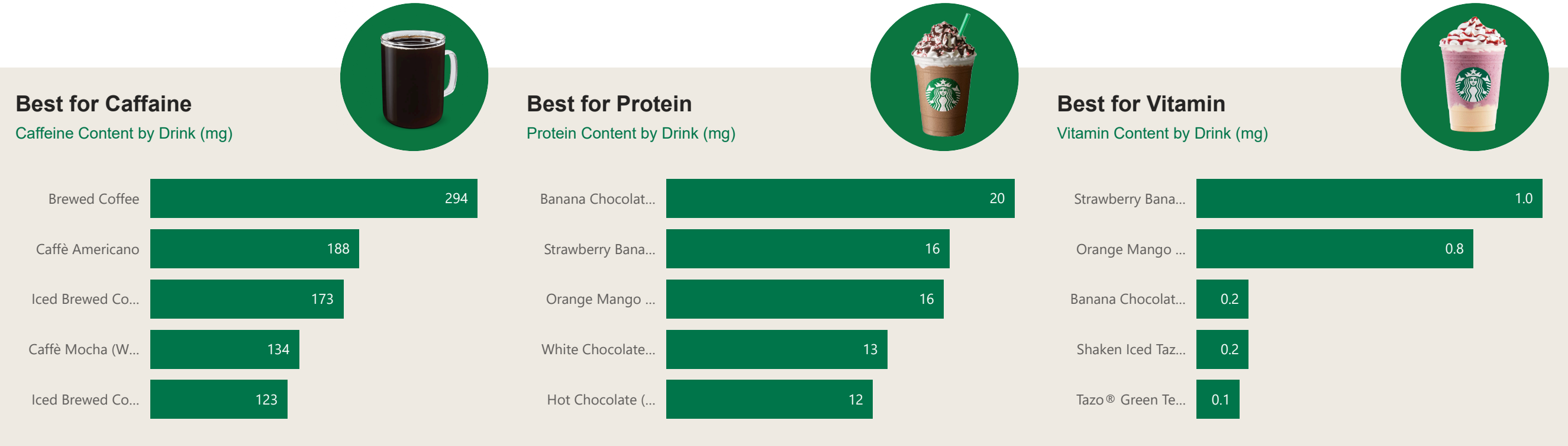
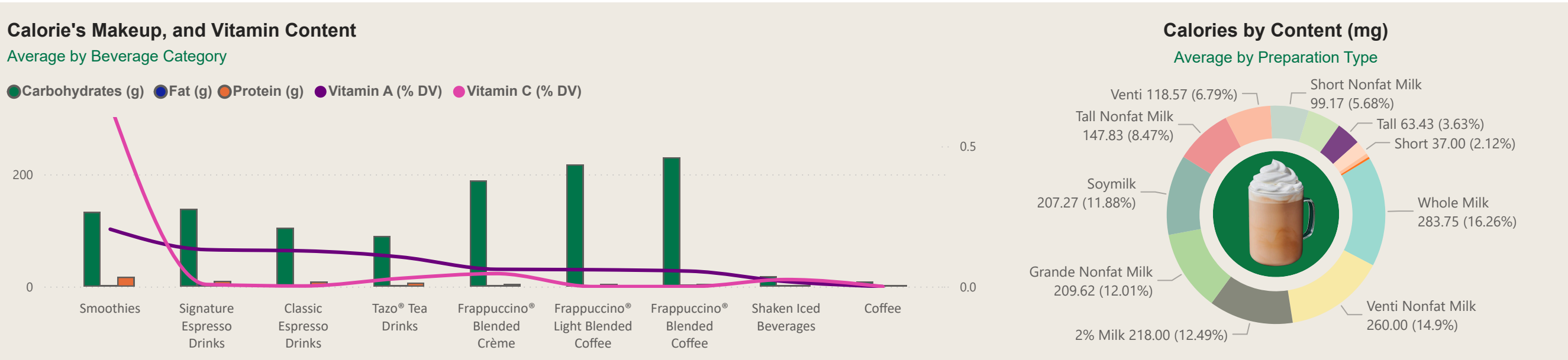




STARBUCKS®

Your perfect cup, now with full transparency

Utilize this analysis to identify your ideal Starbucks beverage and explore its nutritional profile. Enter your health data to estimate how many drinks you can consume daily based on your Basal and Active Metabolic Rates.



Beverage_category	Calories	Carbohydrates (g)	Fat (g)	Protein (g)	Caffeine (mg)	Sugars (g)	Iron (% DV)	Saturated Fat (g)	Trans Fat (g)	Vitamin A (% DV)	Vitamin C (% DV)
Classic Espresso Drinks	140.17	104.67	3.13	8.69	122.07	16.97	0.08	0.05	1.21	0.13	0.00
Coffee	4.25	8.75	0.10	0.70	293.75	0.00	0.00	0.00	0.00	0.00	0.00
Frappuccino® Blended Coffee	276.94	230.28	3.00	4.22	101.81	57.08	0.11	0.04	1.70	0.06	0.00
Frappuccino® Blended Crème	233.08	188.85	1.85	4.00	0.00	48.46	0.04	0.04	0.77	0.06	0.05
Frappuccino® Light Blended Coffee	162.50	217.50	1.26	4.25	99.58	32.42	0.09	0.00	0.90	0.06	0.00
Shaken Iced Beverages	114.44	18.28	0.47	1.34	111.76	26.00	0.01	0.01	0.14	0.02	0.03
Signature Espresso Drinks	250.00	138.25	5.28	9.88	73.88	38.60	0.11	0.05	2.71	0.13	0.01
Smoothies	282.22	132.78	2.33	17.11	10.00	36.78	0.12	0.01	0.93	0.20	0.65
Tazo® Tea Drinks	177.31	89.90	2.54	6.81	48.75	30.31	0.05	0.04	0.86	0.11	0.03
Total	193.87	128.88	2.90	6.98	85.46	32.96	0.07	0.04	1.31	0.10	0.04



What is trans fats?

Trans fats are unhealthy fats found in some animal products and processed foods. They raise bad cholesterol, lower good cholesterol, and increase the risk of heart disease, stroke, and diabetes.

Avoid Bad Fats

Trans Fat Content by Drink (mg)

Hot Chocolate (Without Whipped Cream) 2.5 (14.8%)

Caffè Mocha (Without Whipped Cream) 2.4 (14.3%)

Java Chip 3.0 (18.1%)

White Chocolate Mocha (With...) 4.9 (29.4%)

Java Chip (Without Whipped Cream) 3.9 (23.4%)

DO YOU KNOW ?

The World Health Organization (WHO) plans to remove artificial trans fats worldwide by 2025, and the U.S. FDA has already banned them in food products since 2021 due to their link to heart disease and over 500,000 deaths each year.

In response, Starbucks has removed artificial trans fats from most of its menu. Today, most items have 0g trans fat, though small amounts of natural trans fats may still come from dairy or meat ingredients.