

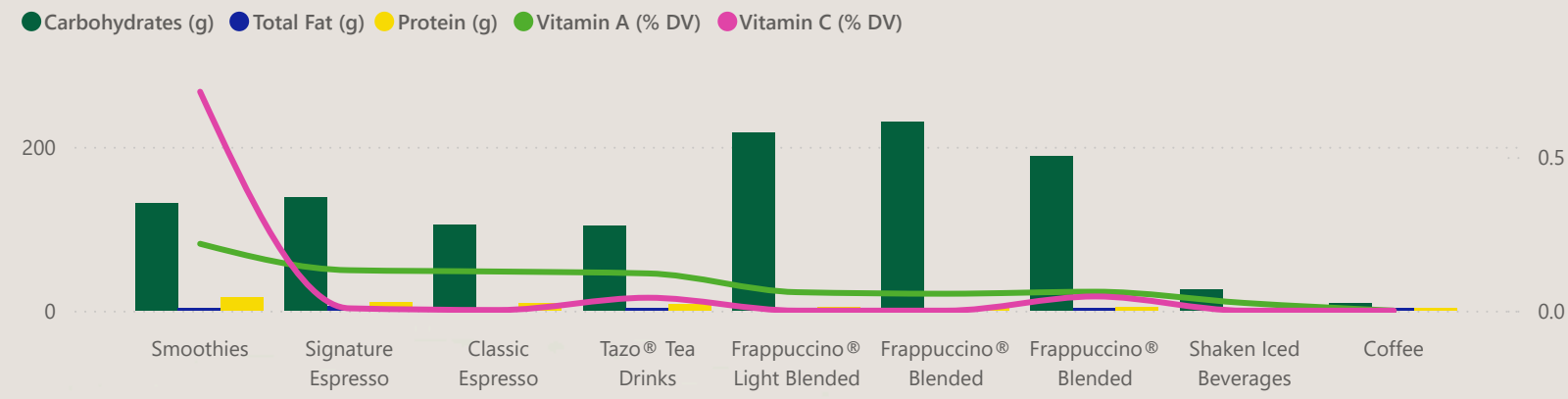


STARBUCKS®

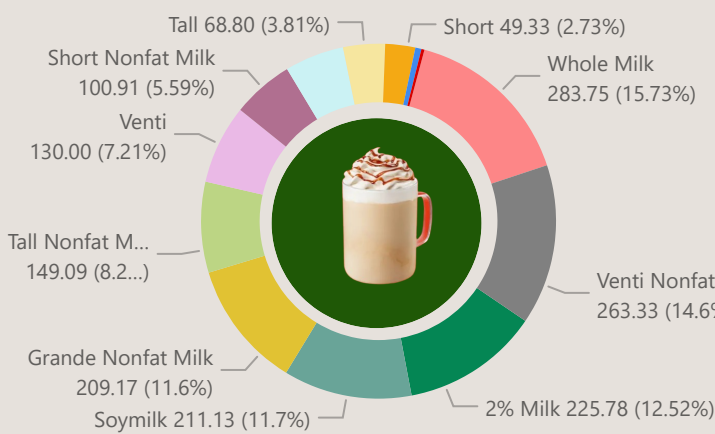
The best drink, for the best You.

Find your perfect Starbucks drink and it’s nutritional information with this report, enter your own details to determine how many drinks could have per day based on your Basel and Active metabolic rates.

Calorie's Makeup, and Vitamin Content
Average by Beverage Category

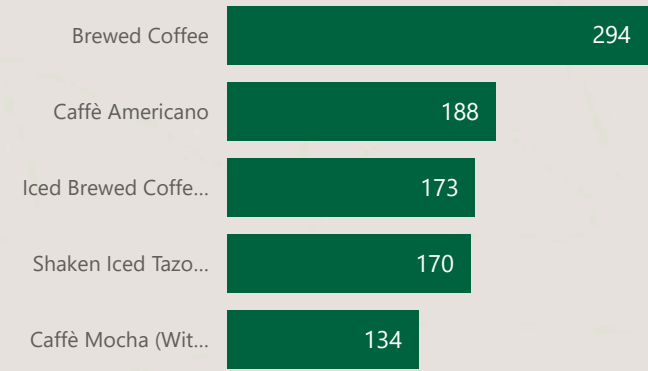


Calorie's Content (mg)
Average by Preparation Type



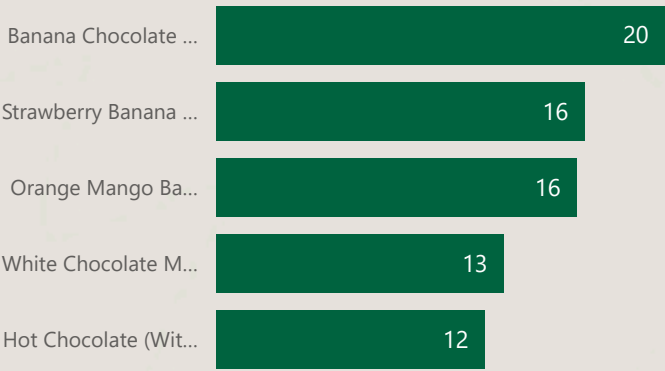
Best for Caffeine

Caffeine Content by Drink (mg)



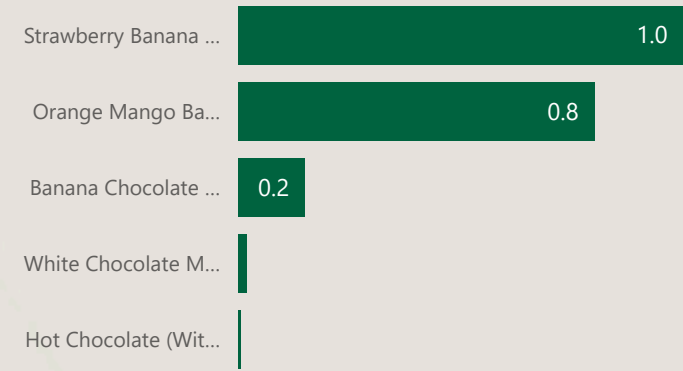
Best for Protein

Protein Content by Drink (mg)



Best for Vitamin C Content

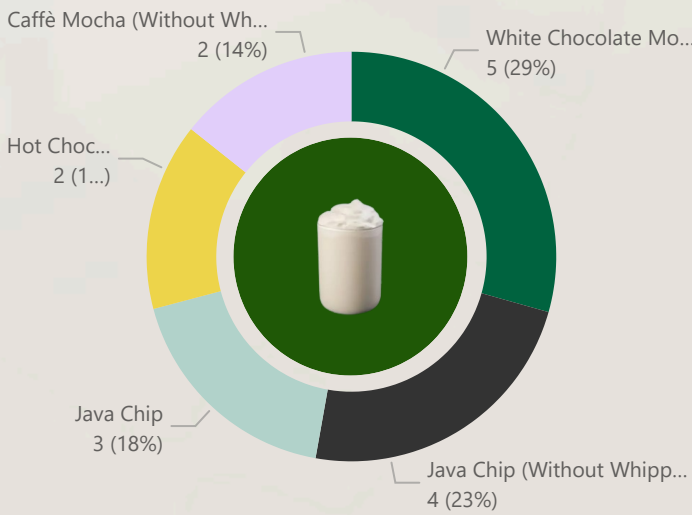
Vitamin Content by Drink (%DV)



Beverage Category	Calories	Caffeine (mg)	Total Carbs (g)	Total Fat (g)	Sugars (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Iron (% DV)	Vitamin A (% DV)	Vitamin C (% DV)
Classic Espresso Drinks	140.17	122.07	104.67	0.00	16.97	0.05	1.21	8.69	0.08	0.13	0.00
Caffè Americano	13.75	187.50	11.25	0.00	0.00	0.00	0.00	0.85	0.00	0.00	0.00
Grande	15.00	225.00	15.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00
Short	5.00	75.00	5.00	0.00	0.00	0.00	0.00	0.40	0.00	0.00	0.00
Tall	10.00	150.00	10.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00
Venti	25.00	300.00	15.00	0.00	0.00	0.00	0.00	1.00	0.00	0.00	0.00
Caffè Latte	139.17	112.50	134.58	0.10	12.92	0.07	1.35	10.42	0.05	0.16	0.00
2% Milk	70.00	112.50	152.50	3.50	15.50	0.20	3.25	11.00	0.00	0.18	0.01
Grande Nonfat Milk	130.00	150.00	150.00	0.30	18.00	0.00	0.20	13.00	0.00	0.20	0.00
Short Nonfat Milk	70.00	75.00	75.00	0.10	9.00	0.00	0.10	6.00	0.00	0.10	0.00
Soy milk	130.00	112.50	117.50	2.50	7.25	0.00	0.60	9.00	0.16	0.13	0.00
Tall Nonfat Milk	100.00	75.00	120.00	0.20	14.00	0.00	0.20	10.00	0.00	0.15	0.00
Venti Nonfat Milk	70.00	150.00	190.00	0.40	23.00	0.00	0.30	10.00	0.00	0.30	0.00
Total	201.58	89.52	137.37	0.00	34.08	0.04	1.39	7.29	0.08	0.10	0.04

Avoid Bad Fats

Trans Fat Content by Drink (g)



Trans Fats:

Trans fat is considered the worst type of fat to eat. Unlike other dietary fats, trans fats raise "bad" cholesterol and lowers "good" cholesterol.

A diet laden with trans fats increases the risk of heart disease, the leading killer of adults

Trans fats are so unhealthy that the U.S. Food and Drug Administration (FDA) has prohibited food manufacturers from adding the major source of artificial trans fats to foods and beverages.