



# Making health-informed decisions at Starbucks

# Introduction

Starbucks is the world's largest coffeehouse chain.

They are known for their wide variety of coffee drinks, lattes, teas, pastries, and merchandise.

Customers often go to Starbucks for a quick and reliable caffeine fix, for a place to work, for a place to gather and catch up with friends, or to read a book or journal in semi-quiet reflection.

Regardless of what you're there for, you must order something. So the big question is: how do you decide on what to order?





You're thirsty.  
What's on the menu?

# Hot Beverages

## COFFEE

- Brewed coffee

## CLASSIC ESPRESSO

- Caffè Latte
- Caffè Mocha
- Vanilla Latte
- Caffè Americano
- Cappuccino
- Espresso



## TAZO® TEA DRINKS

- Tazo® Tea
- Tazo® Chai Tea Latte
- Tazo® Green Tea Latte
- Tazo® Full-Leaf Tea Latte
- Tazo® Full-Leaf Red Tea Latte (Vanilla Rooibos)']

## SIGNATURE ESPRESSO

- Caramel Macchiato
- White Chocolate Mocha
- Hot Chocolate
- Caramel Apple Spice

# Cold Beverages

## SHAKEN ICED

- Iced Brewed Coffee
- Shaken Iced Tazo® Tea
- Shaken Iced Tazo® Tea Lemonade

## SMOOTHIES

- Banana Chocolate Smoothie
- Orange Mango Banana Smoothie
- Strawberry Banana Smoothie



## FRAPPUCCINO BLENDED COFFEE

- Coffee
- Mocha
- Caramel
- Java Chip

## FRAPPUCCINO BLENDED CREME

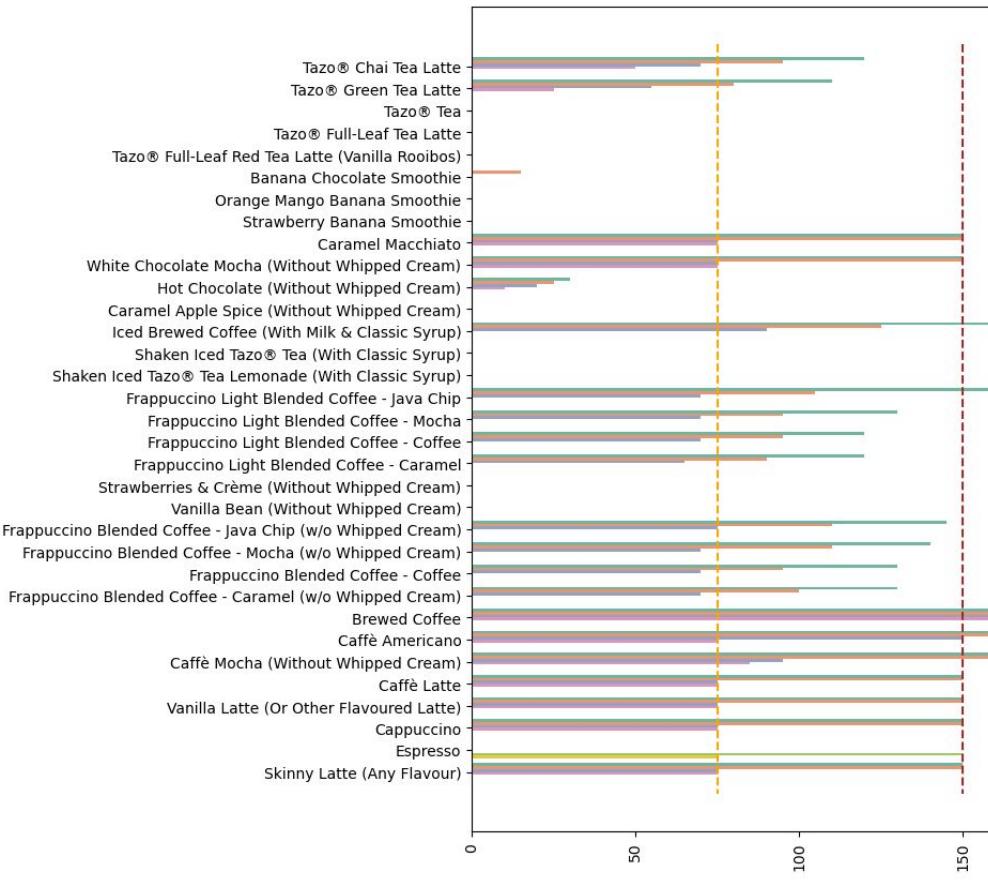
- Strawberries & Crème
- Vanilla Bean

# So many options!

So how do you choose?  
Let's use the nutrition facts to help  
us decide.

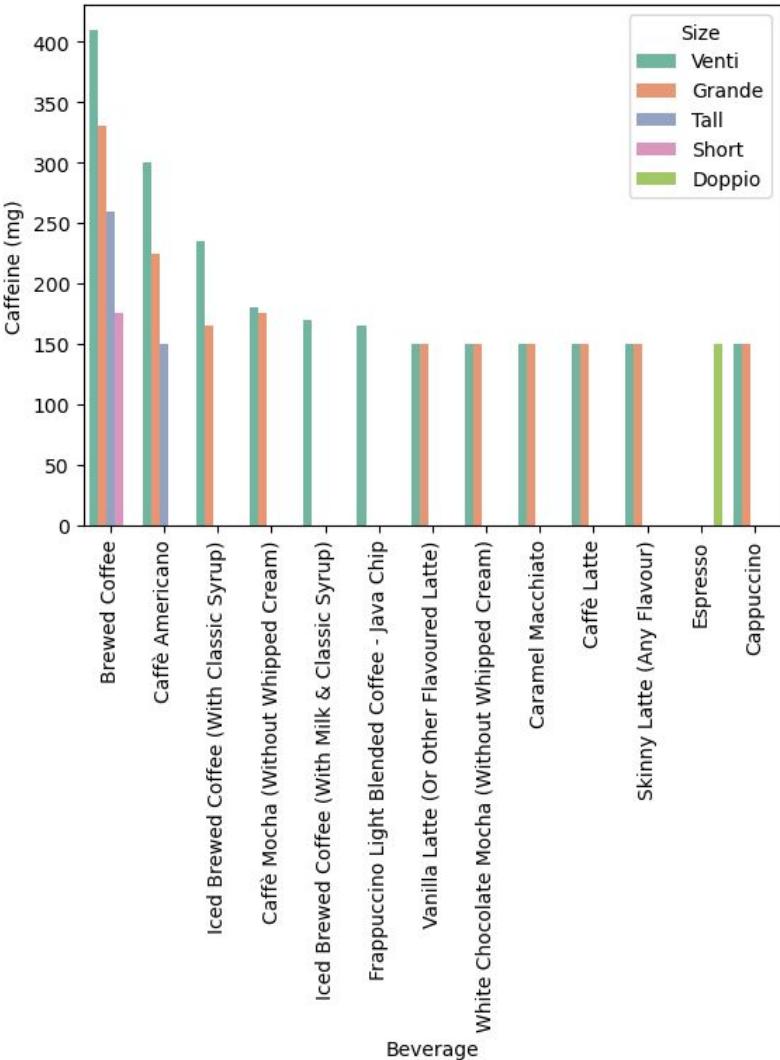


Question #1:  
How tired are you?



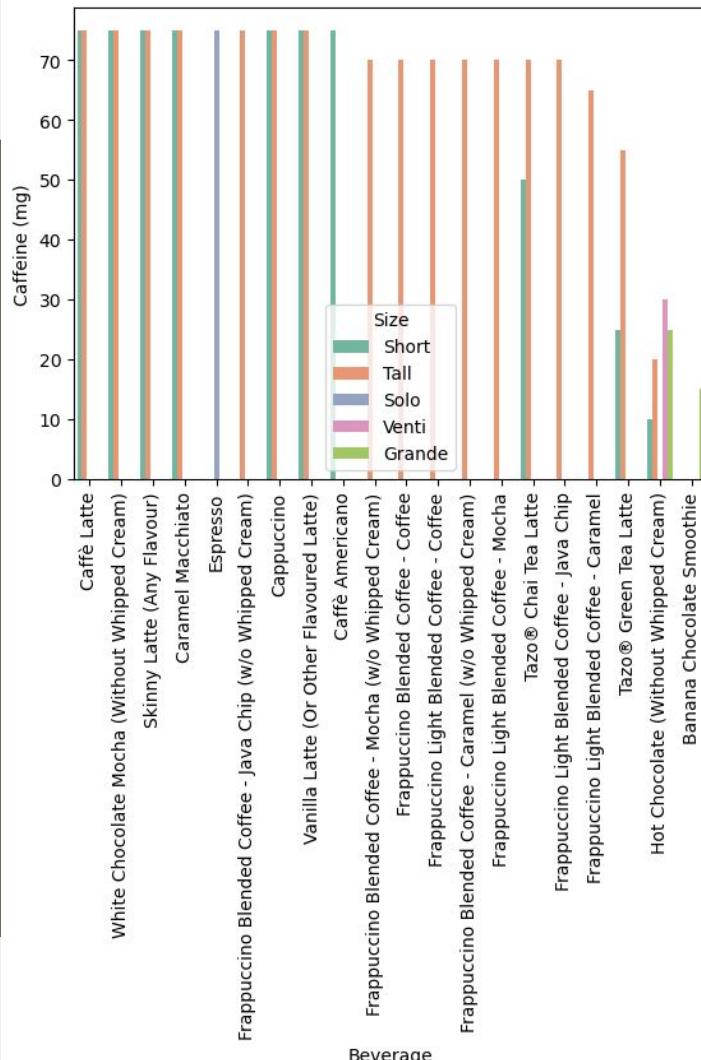
- Brewed coffee has the most caffeine
- A caffè Americano is a close second
- 1 shot of espresso (orange line) has 75 mg of caffeine

**Very tired?**  
A closer  
breakdown  
shows which  
drinks have 2  
shots of espresso  
worth of caffeine  
(or more)



## Need a *little* boost?

A closer breakdown shows which drinks have 1 shot of espresso worth of caffeine (or less)



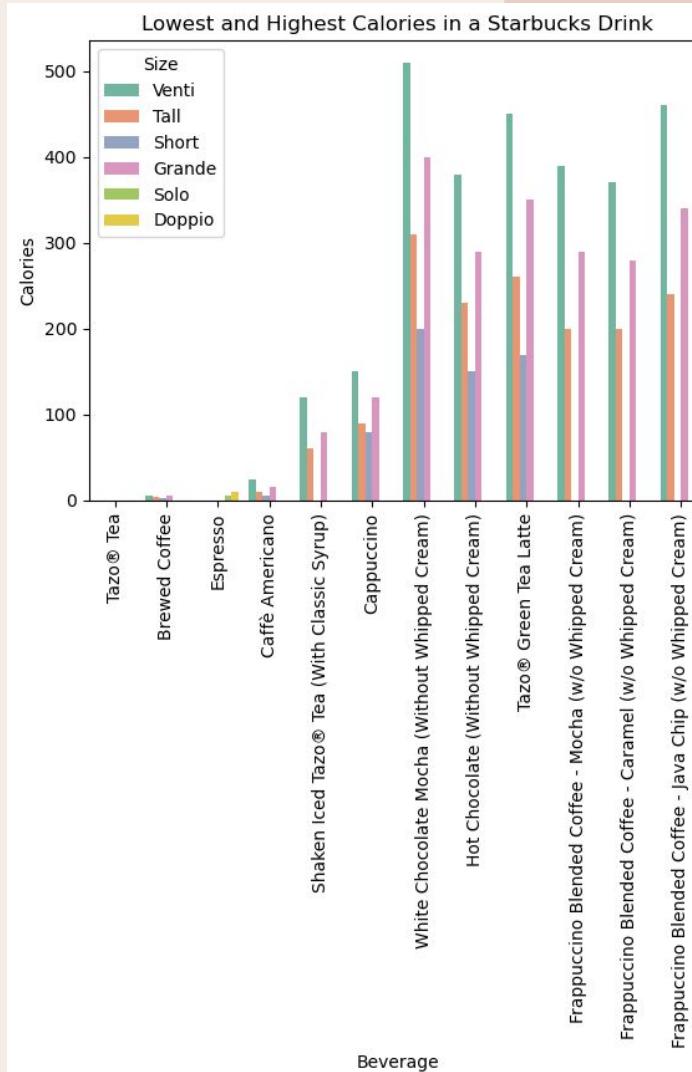
Question #2:  
Are you trying to be  
health conscious?

# Calorie Conscious?

Try getting lower calorie drinks like Tea, Coffee, Americanos, or Espressos.

For low (but non-0) calories, you can get a Shaken Iced Tea with Syrup, or Cappuccino.

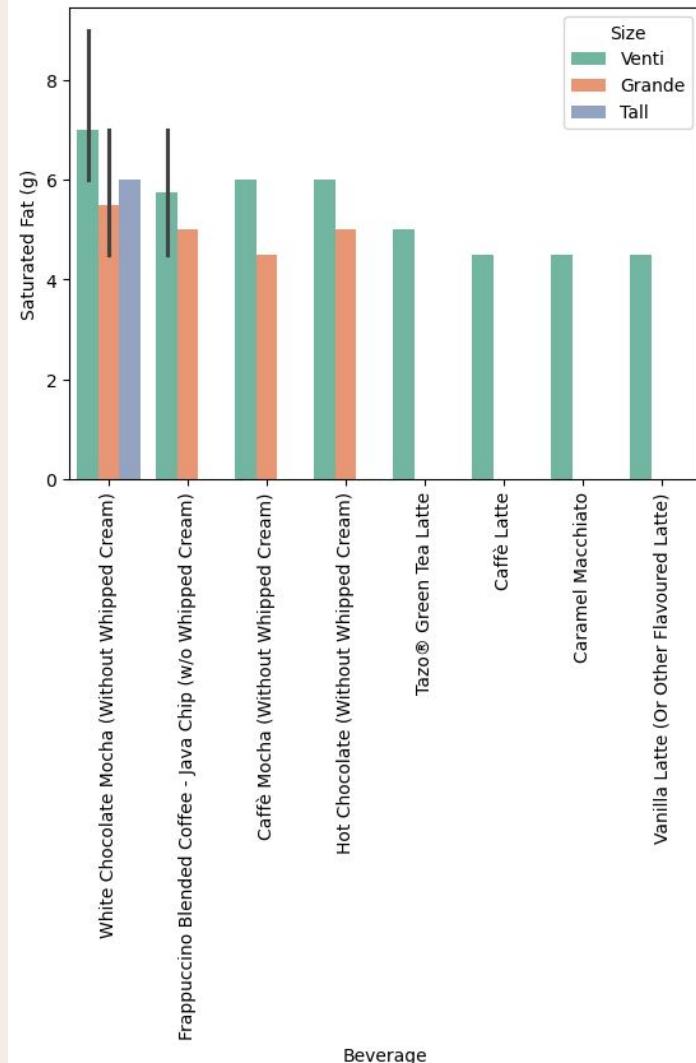
Avoid drinks like Frappuccinos or Chocolate-based drinks.

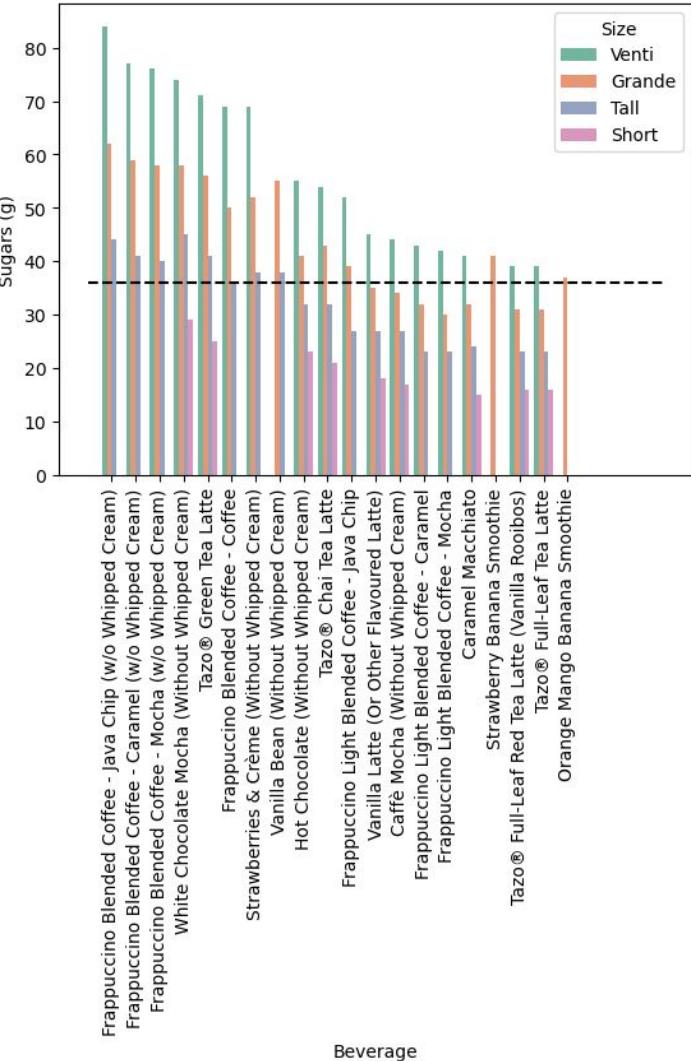


# Avoid too much saturated fat!

Too much saturated fat can cause cholesterol to build up in your arteries, which increases your chances for heart disease and stroke.

The American Heart Association recommends limiting intake to 20 grams and 30 grams daily for women and men, respectively.

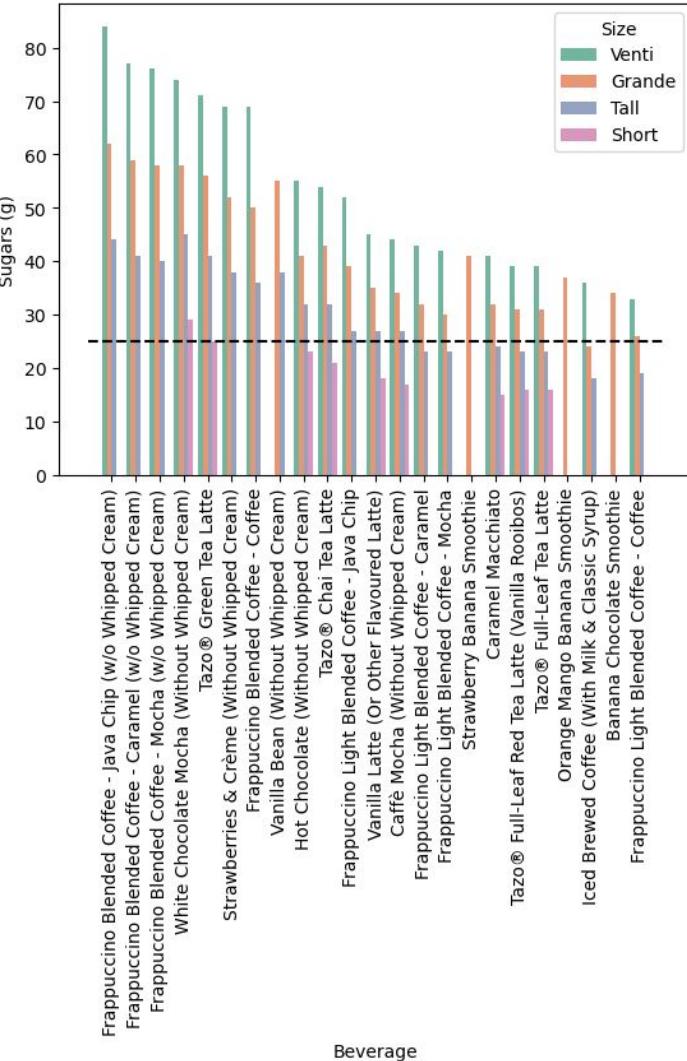




# Starbucks drinks are known for being sugary

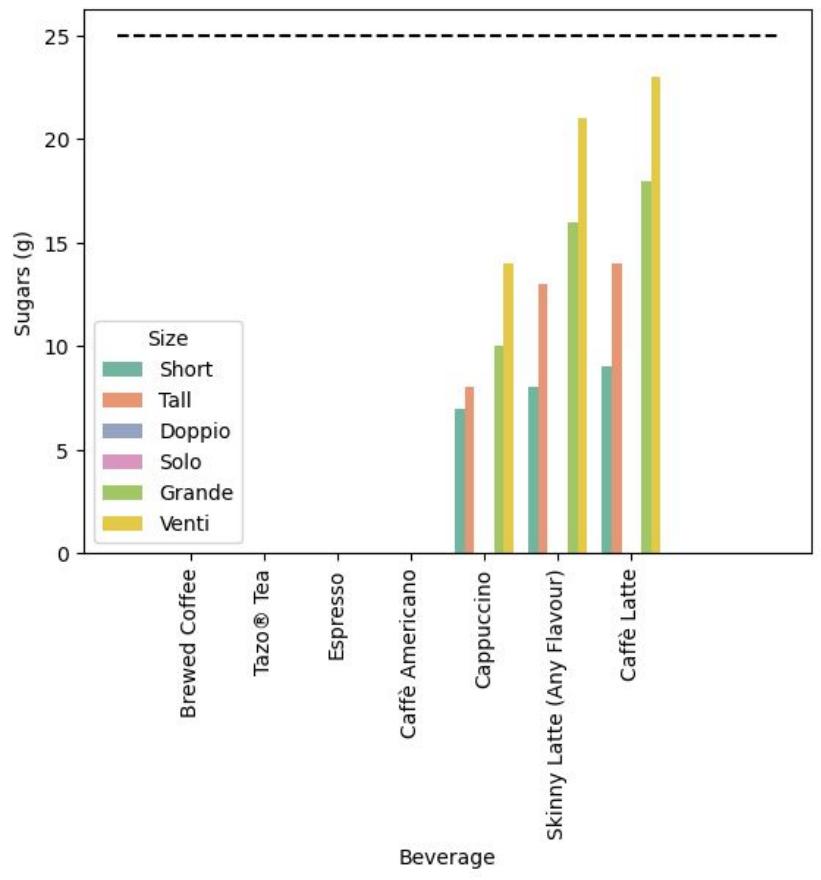
The American Heart Association (AHA) recommends men limit their daily intake of sugar to 36 grams (dotted line).

Here is a list of drinks you may want to avoid. If it is a smaller order, then it may be fine.



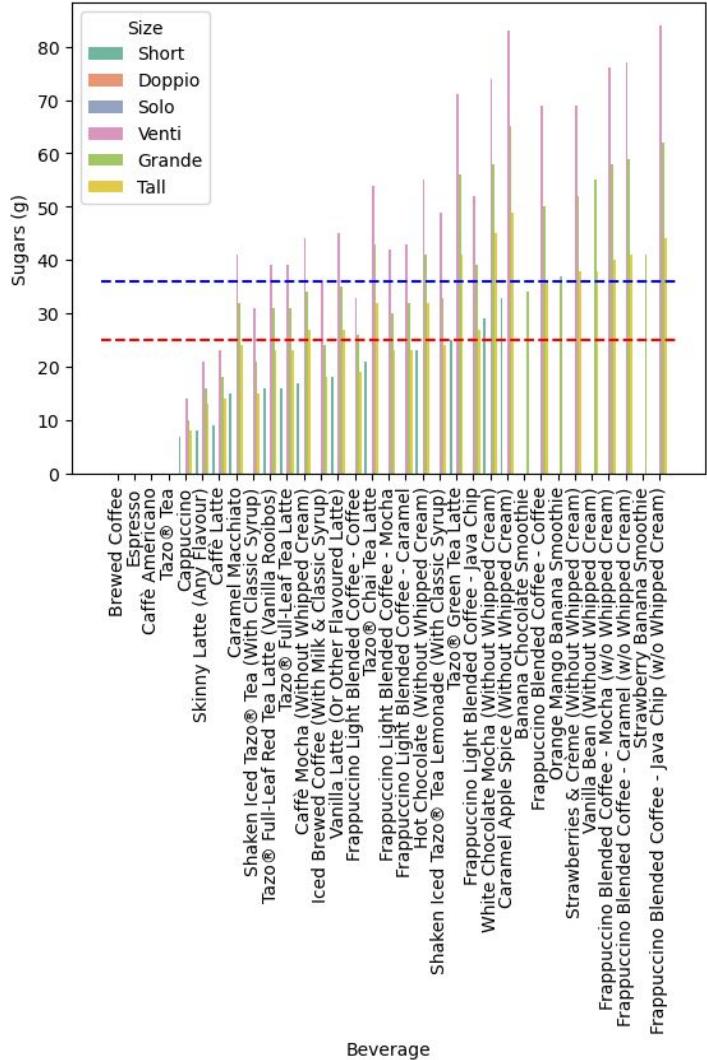
# Starbucks drinks are known for being sugary

The AHA recommends women limit their daily sugar intake to 25 grams (dotted line)! That means women need to look out for even more drinks. Notice the added drinks to the chart.



Actually, which drinks fall below 25 grams of sugar?

If you want to limit your sugar intake, here are your (few) options.



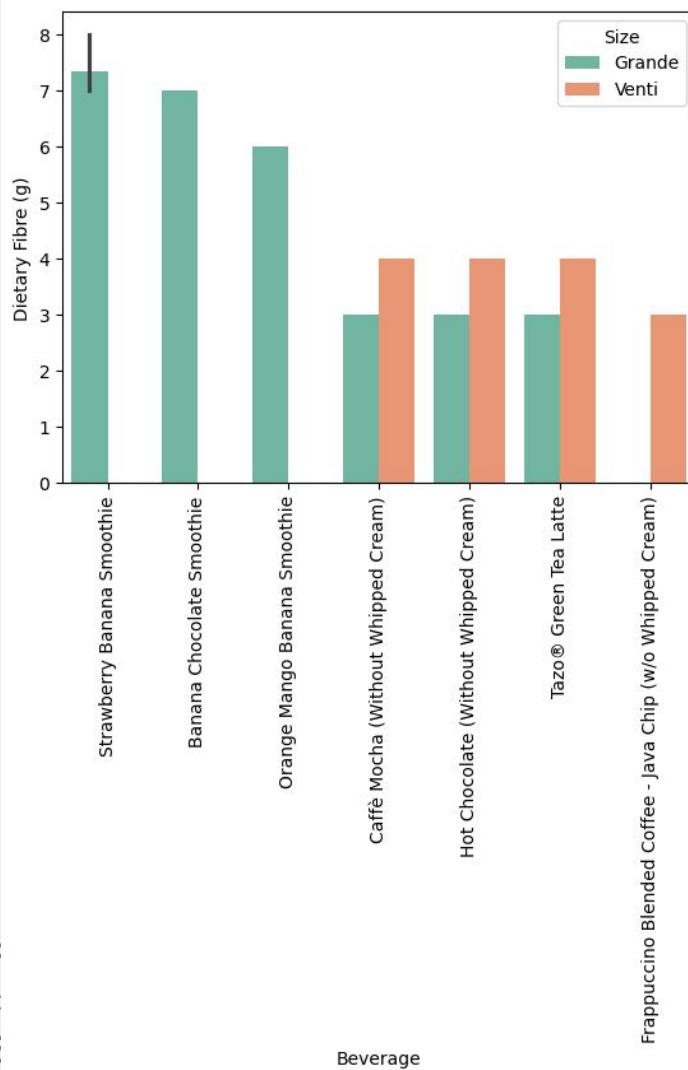
# The majority of Starbucks drinks have more sugar than the recommended levels.

Recommended levels:

Men: 36 grams (blue line)

Women: 25 grams (red line)

No wonder they're so delicious.



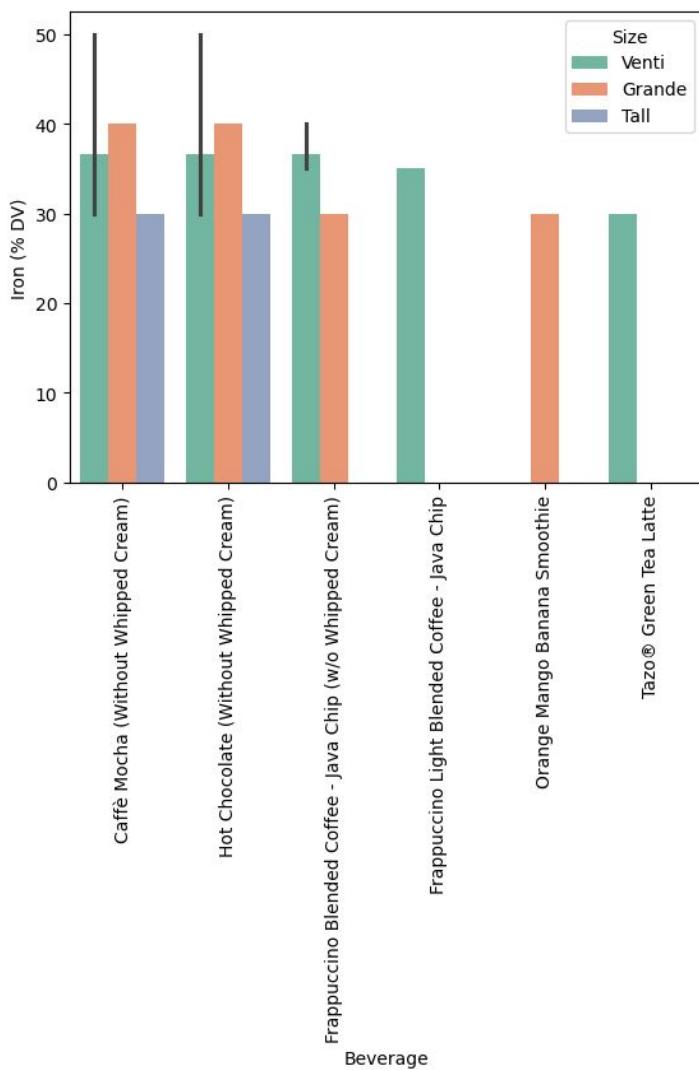
## Need more fiber?

The AHA recommends consuming 25-30 grams of fiber per day. These drinks will give a small contribution, but definitely aren't enough to solve your bowel issues.

# Want to pump some iron?

Finally, a chart that tells us to eat something yummy!

Chocolate contains iron, so enjoy these delicious drinks to cure your anemic days.





Hungry?  
We got you.

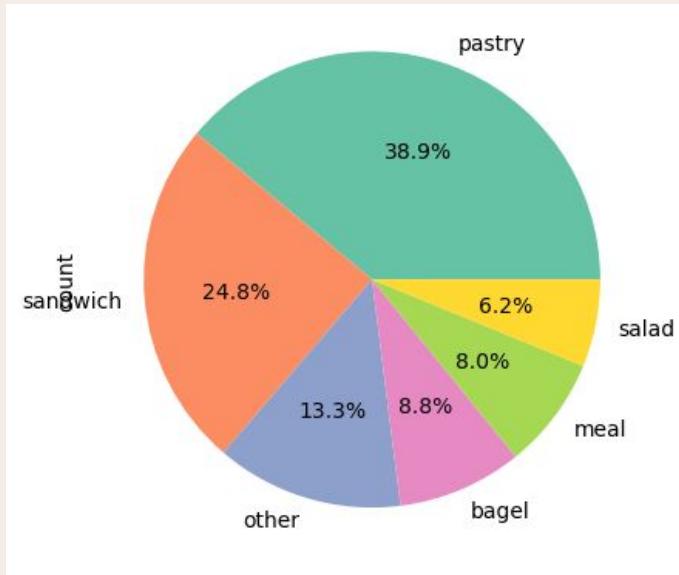
# What's on the Food Menu?

## SANDWICH

- Sandwiches (21)
- Panini (3)
- Wrap (2)
- Flatbread
- Foldover

## OTHER

- Candy/cereal bars (4)
- Yogurt/parfait (3)
- Egg bites (2)
- Oatmeal (2)
- Butter spread (2)
- Avocado spread
- Fruit blend



The majority of items are pastries (of wide variety) and savory sandwiches. They also offer salad, meal boxes, bagels, and other various items.

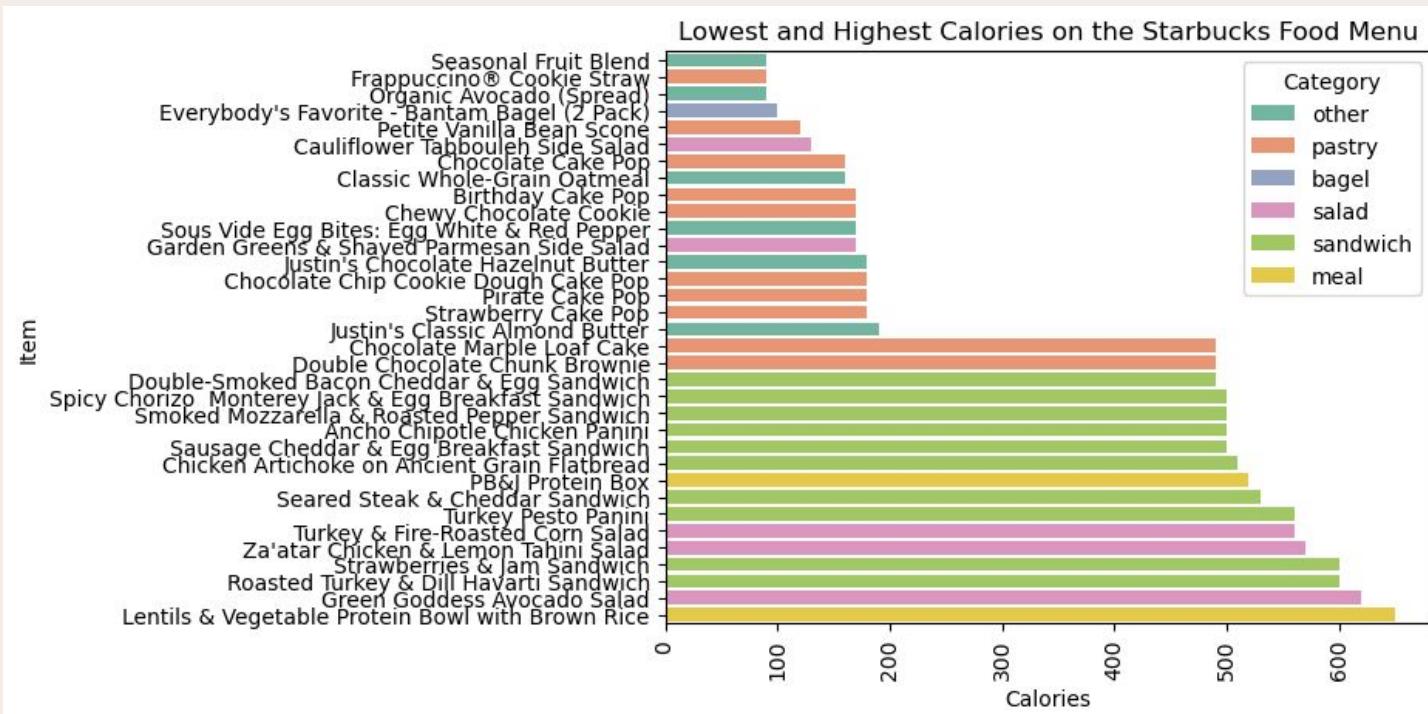
## PASTRY

- Cookies (9)
- Loaf cakes (8)
- Cake pops (5)
- Croissant (5)
- Muffin (3)
- Scone (3)
- Whoopie pie (2)
- Doughnut (2)
- Brownie (2)
- Apple fritter
- Danish
- Morning bun
- Oat bar
- Tart

Question #3:  
What has the least  
and most calories?

Lower calorie items are small items (e.g. cake pops, fruit, butter spreads, a light salad, etc.

Higher calorie items are heftier, such as sandwiches, meal boxes, and protein/fat-rich salads.



Question #4:  
What's healthy to  
eat?

# Ideal Macronutrient Ratio

**45-65%**

of daily calories  
should be

**Carbs**

**20-35%**

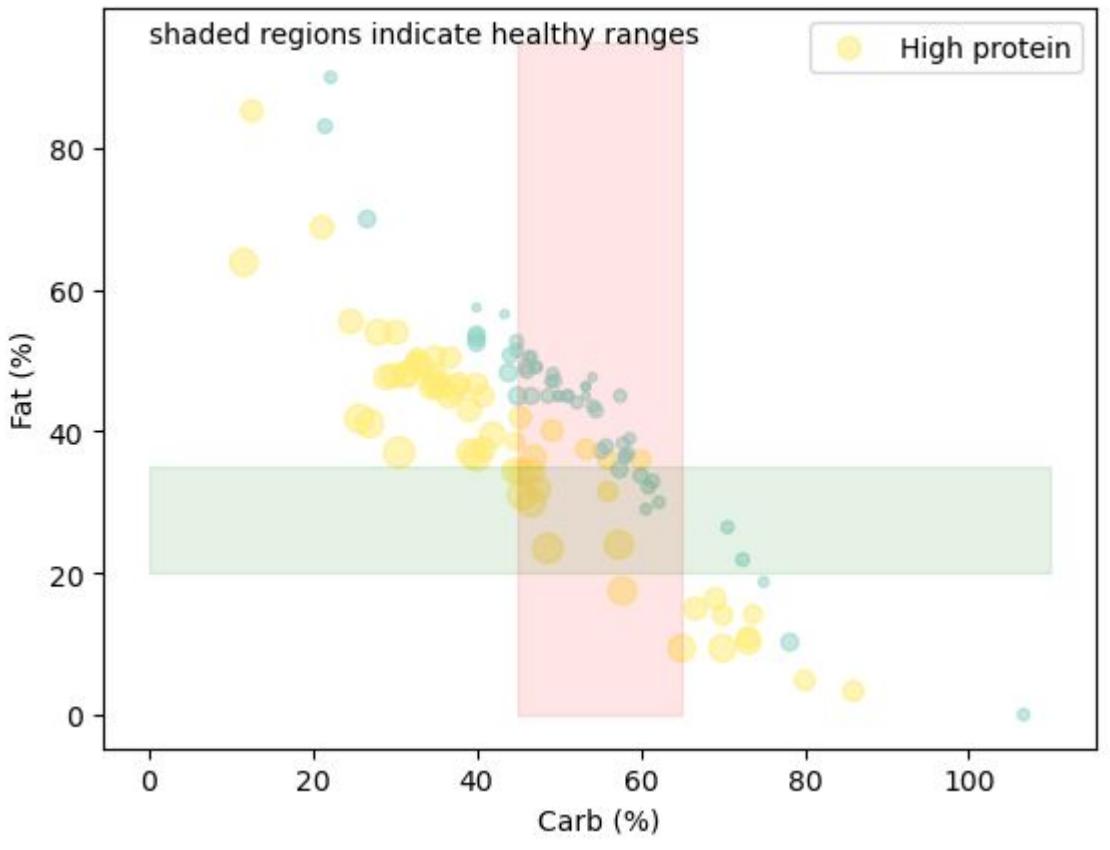
of daily calories  
should be

**Fat**

**10-35%**

of daily calories  
should be

**Protein**



## Plotting the Macros

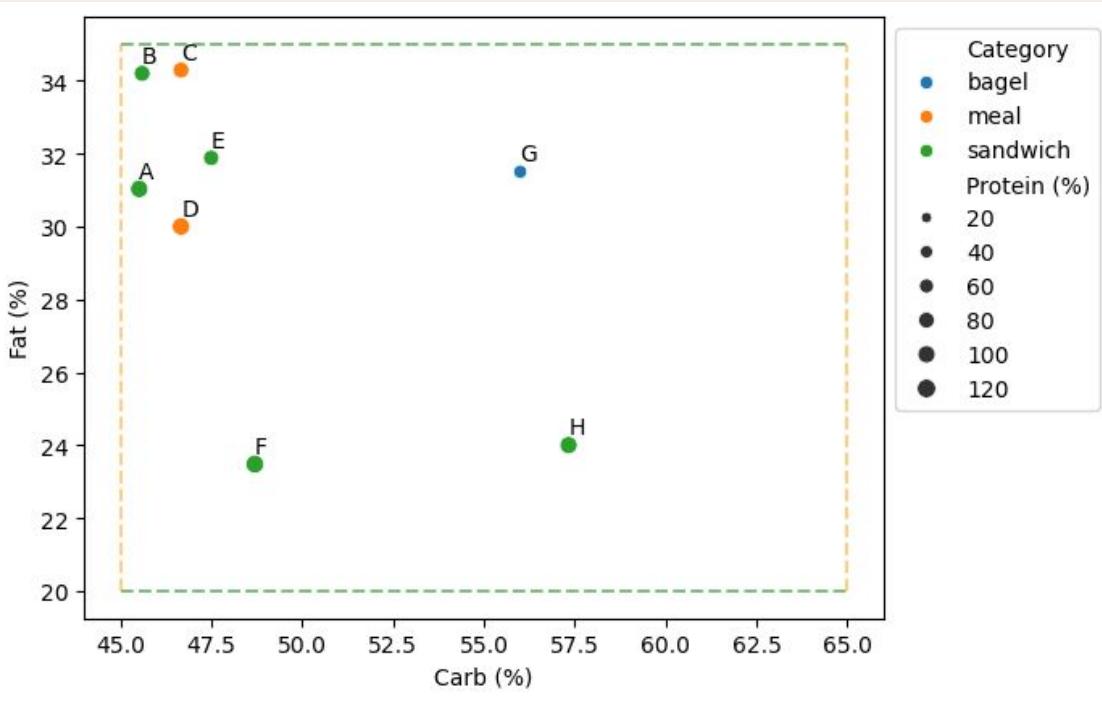
The shaded red area indicates items in a good carb ratio range.  
(45-65% of calories)

The shaded green area indicates items in a good fat ratio range.  
(20-35% of calories)

The yellow dots indicate items in a good protein ratio range.  
(10-35% of calories)

# Perfect Macro Score

Enjoy eating these items, knowing that you made the healthiest choice.

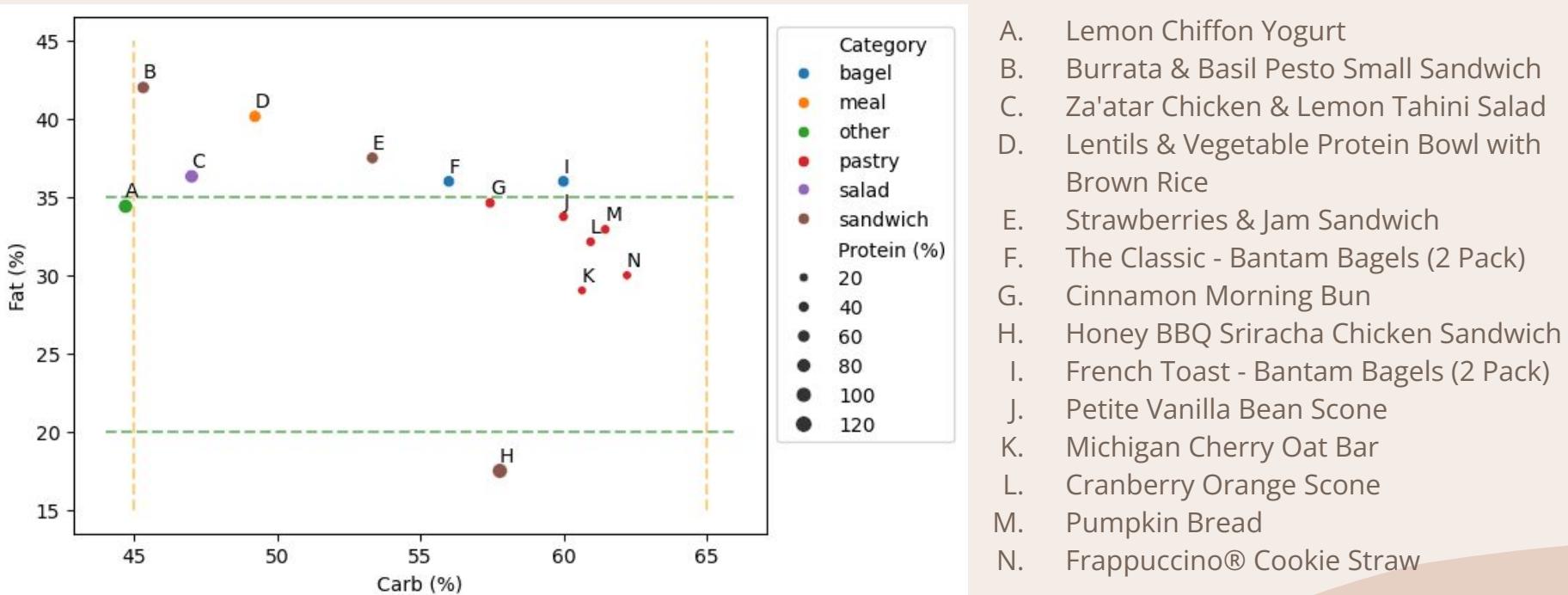


All these items are within the healthy range of carbs, fats, and proteins.

- A. Spinach Feta & Cage Free Egg White Breakfast Wrap
- B. Ancho Chipotle Chicken Panini
- C. BBQ Chicken Protein Box
- D. Smoked Turkey Protein Box
- E. Homestyle Chicken & Double-Smoked Bacon
- F. Reduced-Fat Turkey Bacon & Cage Free Egg White Breakfast Sandwich
- G. Everybody's Favorite - Bantam Bagel (2 Pack)
- H. Herbed Chicken & Fig Spread Small Sandwich

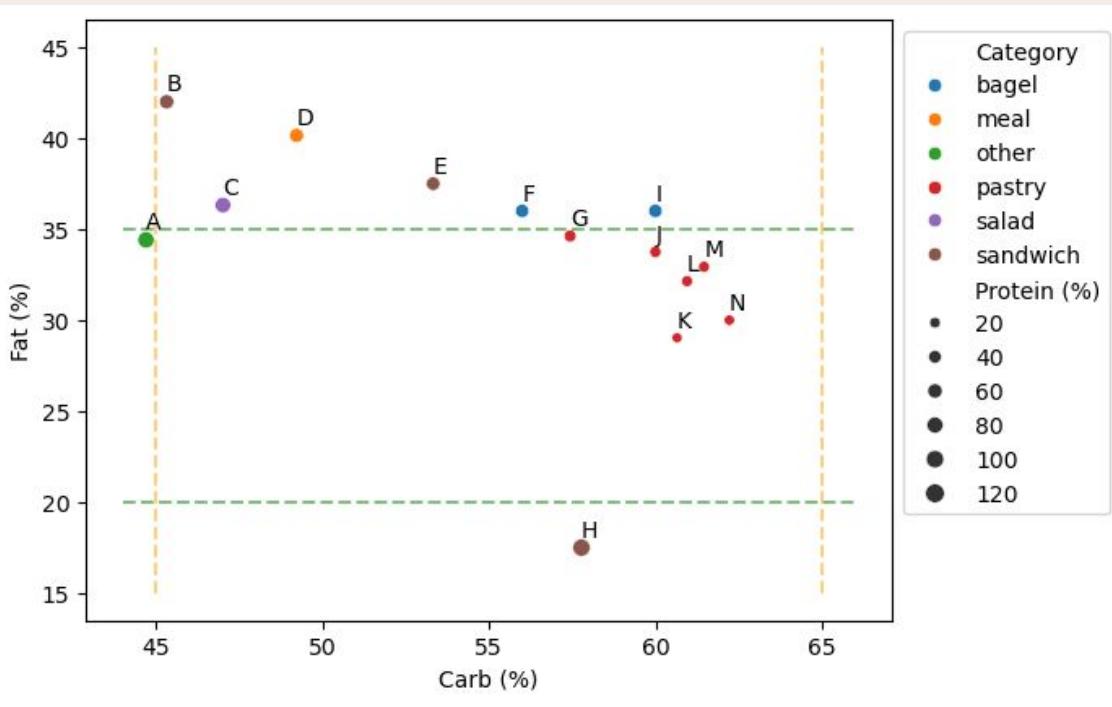
# Almost-Perfect Macro Score

Okay, these got at least 2 of the 3 macros in the targeted range. Good enough, right?



# Almost-Perfect Macro Score

## Some notes:



Items G, J, K, L, M, N:  
Good in **carbs** and **fats**, but not enough **protein**  
[These are the pastries.]

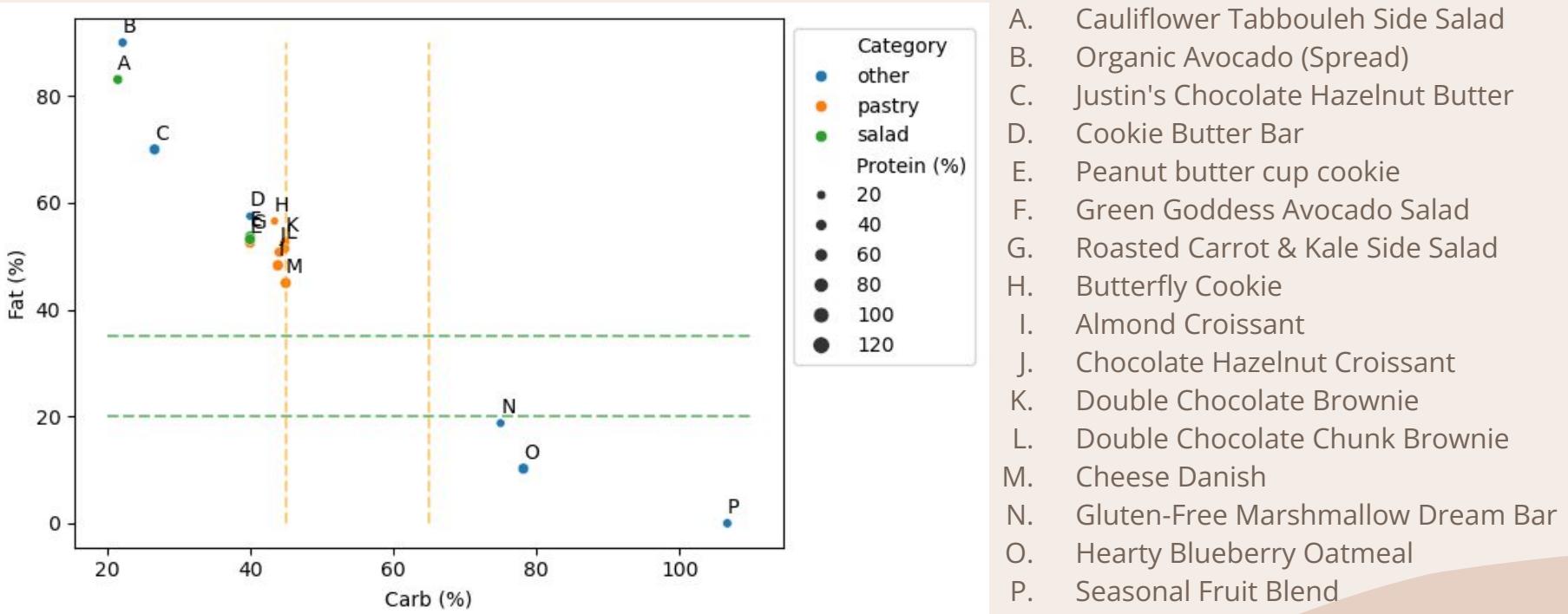
Items B, C, D, E, F, I:  
Good in **carbs** and **protein**, but too much **fat**  
[Could it be the butter?]

Item H:  
Good in **carbs** and **protein**, but not enough **fat**  
[That Honey BBQ Sriracha sandwich is a good option if you want less fat.]

Item A:  
Good in **fat** and **protein**, but not enough **carbs**  
[Order a bagel to go with that yogurt.]

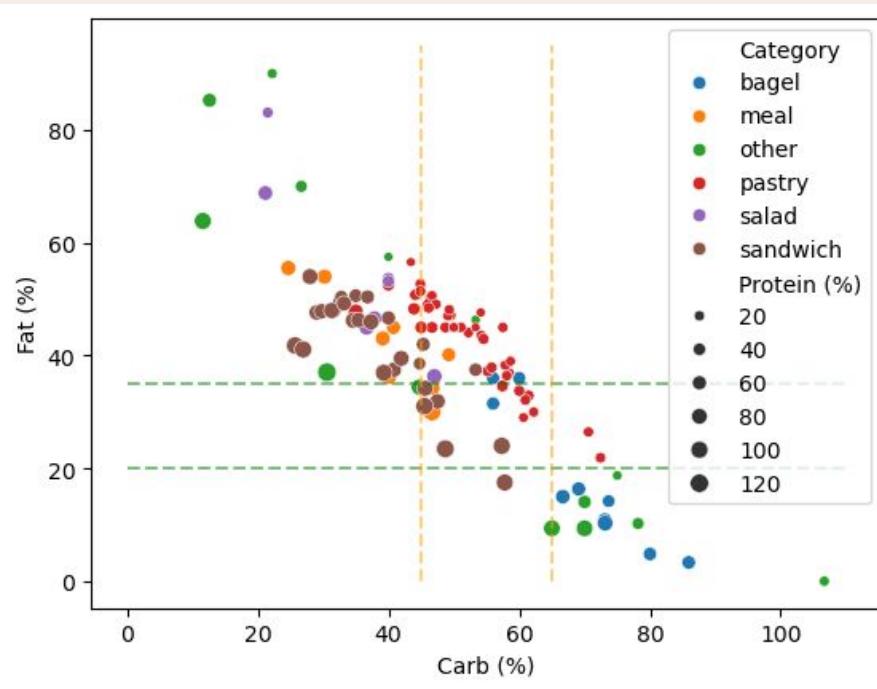
# Macro Score of 0

Watch out for these ones. They have too much fat and not enough carbs, or vice versa. They also don't have enough protein.



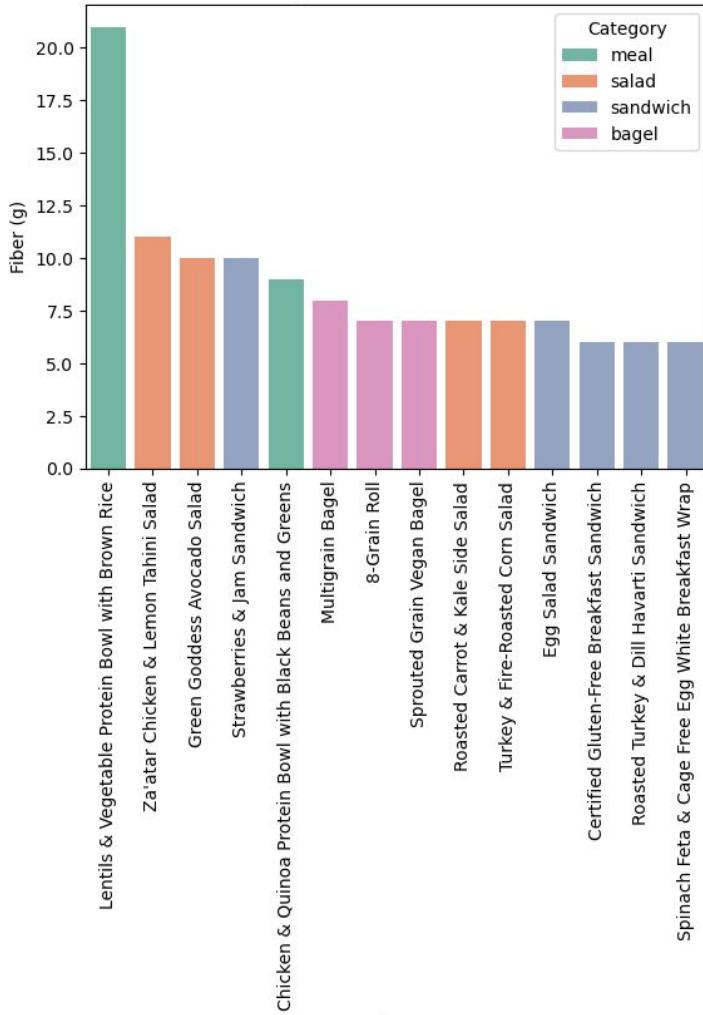
# How healthy is each category?

Watch out for these ones. They either have too many carbs/fats or not enough protein.



- Bagels tend to be high carb, low fat, with good protein.
- Meals and salads aren't carb heavy, but will be a good course of fats and protein.
- Some sandwiches also aren't carb heavy and has more fats and proteins. Other sandwiches hit the perfect ratio of all macros.
- Pastries tend to have a good amount of carbs, though are high fat and less protein.

Highest sources of fiber



Need more fiber intake?

The AHA recommends consuming 25-30 grams of fiber per day.

Getting that 'Lentils & Vegetable Protein Bowl' will really help you get that fiber boost.

# Jupyter Notebook

Starbucks Nutrition - Food

Starbucks Nutrition - Drinks

# Questions?

Contact me at  
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