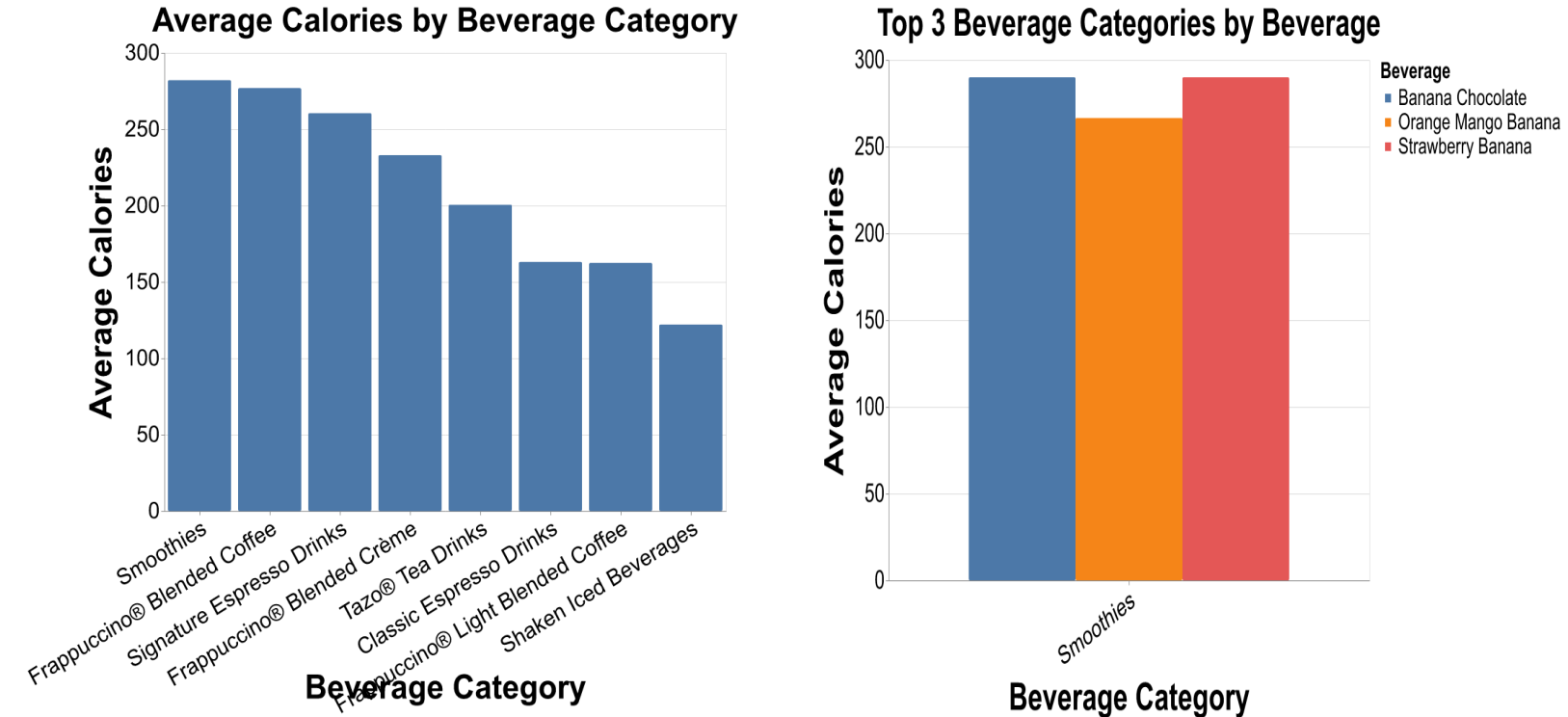


# How Do Beverage Types and Preparation Methods Impact Calorie Counts?

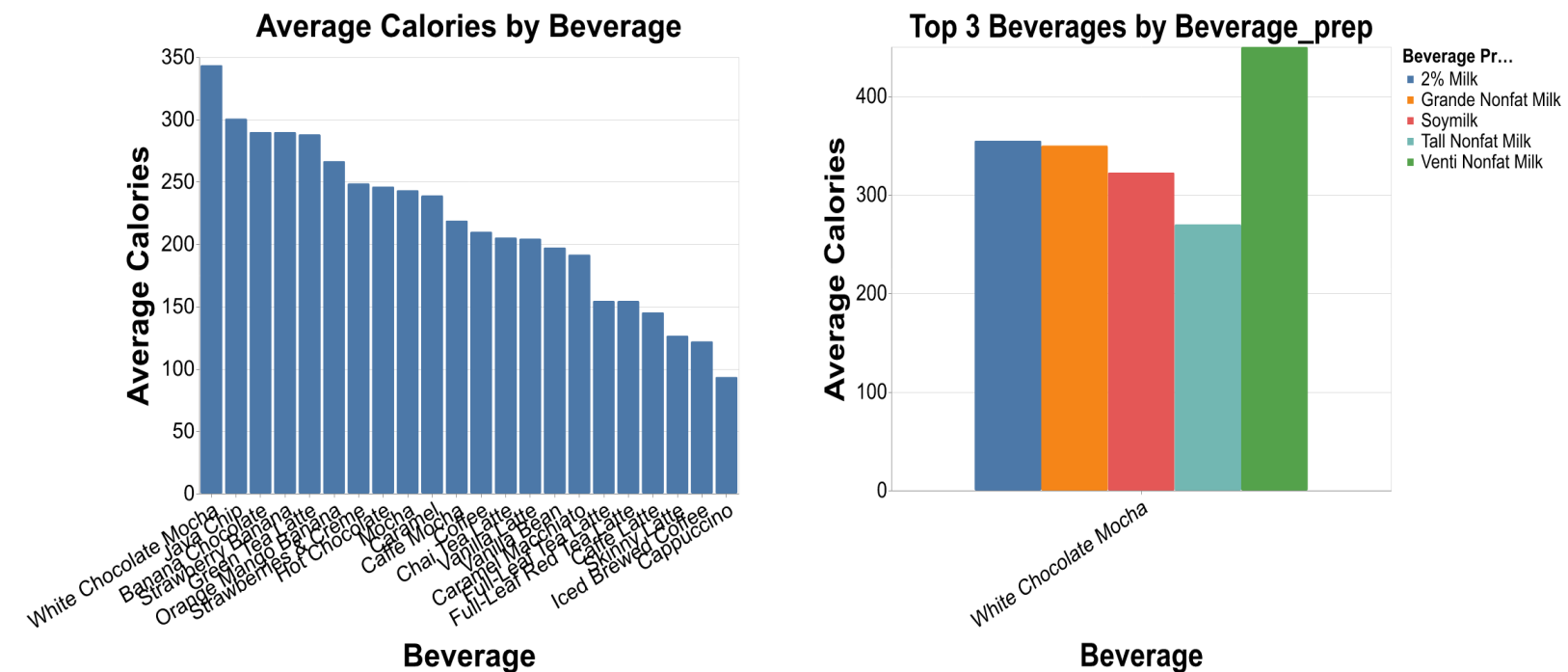
## INTRODUCTION

Beverage calories vary widely, with smoothies averaging nearly 280 calories. This poster analyzes calorie data across categories, specific drinks, and preparation styles. It highlights the highest calorie options and how preparation affects calorie content.

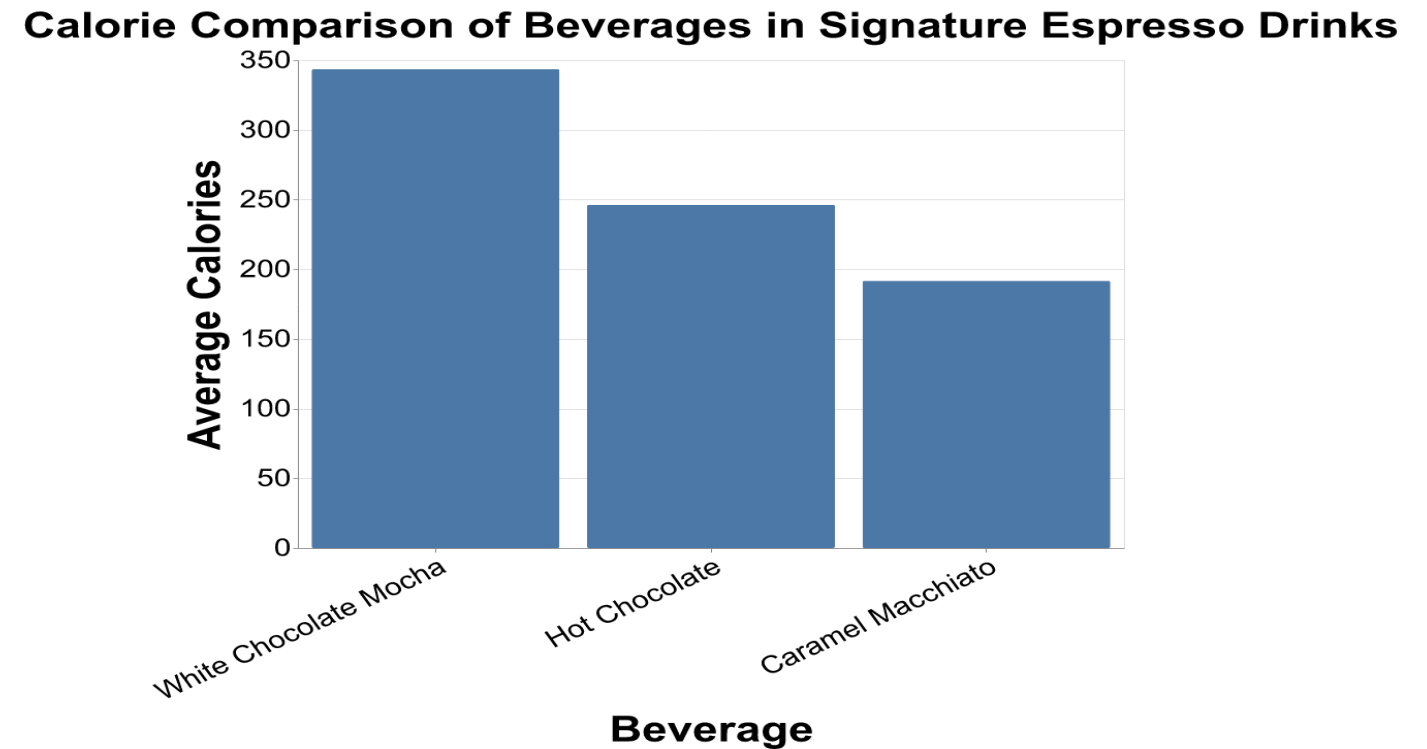
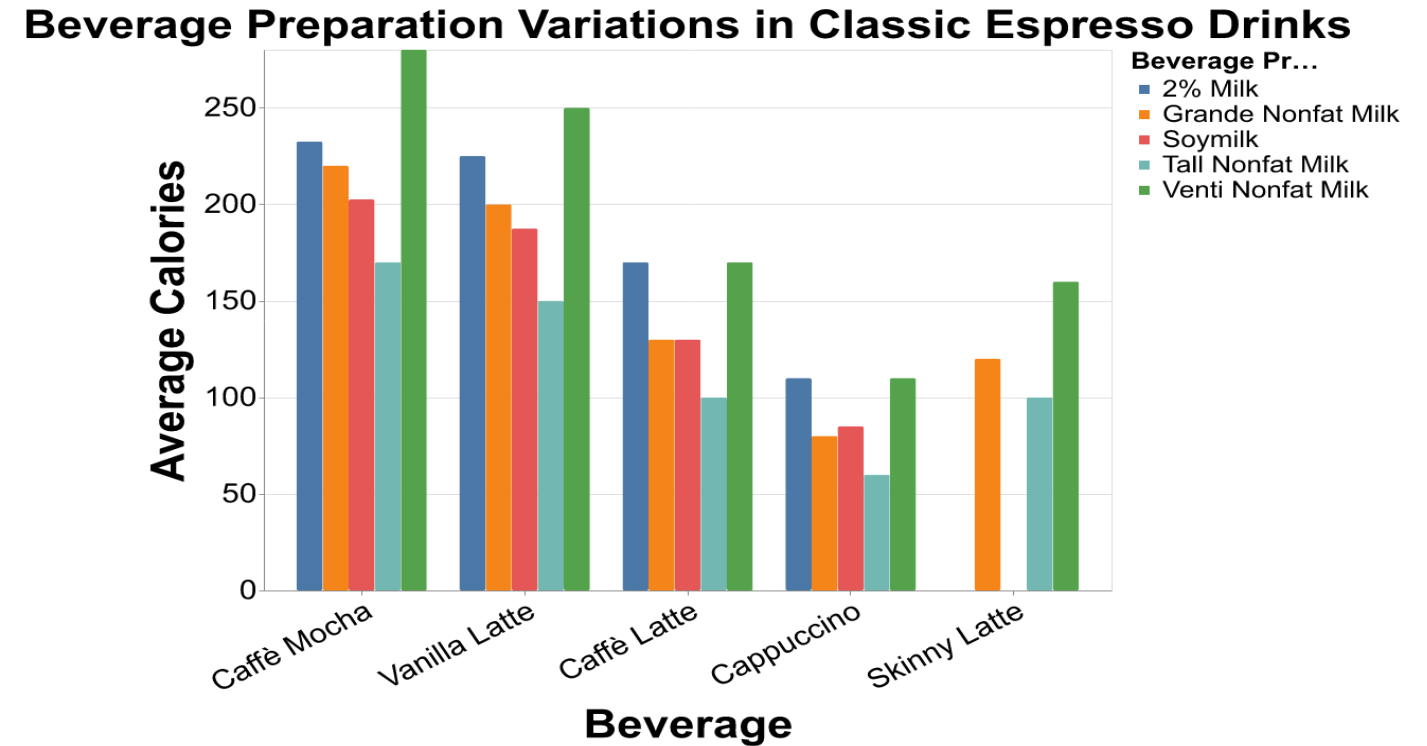
01 Beverage categories vary in average calories, with the top three categories dominating calorie content.



02 Individual beverages and their preparation methods show distinct calorie differences.



03 Classic espresso drinks show varied preparation styles and calorie distributions.



## CONCLUSION

Beverage calories differ significantly across categories, with some much higher. Preparation methods greatly influence the calorie content of individual drinks. Classic espresso drinks vary in style and calorie amounts. Understanding these differences helps consumers make informed choices.