



## Shoppers Guide

# Coffee Accoutrements (Creamers)

If you like your coffee a bit on the lighter side, it used to be that your choices included milk, cream, half & half, or the occasional non-dairy creamer. These days, you can still choose from those, but the list has grown. Not only can you decide if you want your creamer made from dairy, non-dairy, almond, coconut, or soy, but you can also select from an assortment of flavors as well. And, creamers aren't just for coffee anymore. Folks use it in tea, hot chocolate, in decadent versions of French toast, and more to add a flavor boost. But how does that addition impact your health?



Read the labels to flavor up your coffee in a healthier way.

The answer to that depends on what your health concerns are. Creamers come with a wide variety of nutrition profiles. Some are fairly high in saturated fat which may not be great if watching your cholesterol while others have added sugar, which we've been advised to limit. The bottom line, coffee creamers (when used in moderation) can fit into an overall healthy eating plan. If you work to follow a balanced diet, then enjoying a couple of tablespoons of coffee creamer a day shouldn't negate all the benefits you're reaping.

**Helpful Hints.** Consider the following the next time you lighten your drink.

- ▶ **Au natural.** Many creamers contain artificial ingredients. If you're looking for a more natural flavoring, consider using just a bit of light cream or half & half and a dash of pure vanilla, peppermint, or other extract.
- ▶ **Enough is enough.** If you have one or two cups of joe a day, a little bit of flavored cream doesn't contribute much, nutritionally speaking, to your diet. However, if you're downing eight cups a day, depending your creamer of choice, you could be adding up to 800 additional calories, as much as 96 grams of fat, and an average of about 13 grams of added sugar per cup.
- ▶ **Watch your pour.** A serving is one to two tablespoons of creamer. Going a little overboard is okay, but keep in mind that the added creamer carries added calories, fat and sugar. **EN**

—Heidi McIndoo, MS, RD

## Coffee Creamers Nutritional Comparison

✓ = **EN's Picks.** As with all EN comparisons, this is only a sampling of products. Creamer picks contain no more 0.5 g sat fat (3% DV) and 4 g sugar.

CREAMERS	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein
365 Organic Almond Milk Creamer, Vanilla	1T	30	1	0.5	6	15	0	5	0
Bailey's French Vanilla Creamer	1T	25	0.5	0	5	50	0	5	0
✓ Califia Farms Almond Milk Creamer, Pecan Caramel, GF	1T	15	0.5	0	2	15	0	2	0
✓ Califia Farms Almond Milk Creamer, Unsweetened, GF	1T	10	0.5	0	0	15	0	0	0
Califia Farms Better Half, Original, GF	2T	20	1.5	1	1	30	0	1	0
Califia Farms No Sugar Added Better Half, Hazelnut, GF	2T	15	1.5	1	0	25	0	0	0
Coconut Cloud Non-Dairy Coffee Creamer, Original, GF	2T	100	6	5	12	0	0	4	0
Dunkin' Donuts Extra Extra	1T	40	1.5	1	6	5	0	6	0
Half & Half	2T	40	3	2	1	15	0	1	<1
✓ Hood Country Creamer	1T	15	1	0	1	0	0	0	0
International Delight Caramel Macchiato, GF	2T	35	1.5	0.5	5	0	0	5	0
International Delight Hazelnut, GF	1T	35	1.5	0.5	5	0	0	5	0
Laird Superfood Creamer, Cacao, GF	1T	45	3	3	6	0	0	3	0
Laird Superfood Unsweetened Original Coffee Creamer, GF	1T	45	3	3	3	0	0	0	0
Left Field Farms Sweet & Creamy Coffee Creamer, GF	1T	30	1	0.5	5	0	0	5	0
Light Cream	1T	30	3	1.5	<1	10	0	<1	0
Nestle Coffee Mate Fat Free French Vanilla, GF	1T	25	0	0	5	0	0	5	0
Nestle Coffee Mate Hazelnut, GF	1T	35	1.5	0	5	5	0	5	0
✓ Nestle Coffee Mate Sugar Free Italian Sweet Cream	1T	15	1	0	2	10	0	0	0
✓ Nestle Coffee Mate The Original, GF	1T	20	1	0	2	5	0	<1	0
Nestle Natural Bliss All Natural Sweet Cream, GF	1T	30	1.5	1	5	5	0	5	0
Nestle Natural Bliss Almond Milk Vanilla, GF	1T	30	1	0.5	5	20	0	5	0
Nestle Natural Bliss Coconut Milk Sweet Cream, GF	1T	30	1.5	1.5	4	20	0	4	0
Nestle Natural Bliss Honey Cream	1T	25	1	1	4	5	0	3	0
✓ Nut Pods French Vanilla Creamer, GF	1T	10	1	0	0	0	0	0	0
✓ Nut Pods Hazelnut Creamer, GF	1T	10	1	0	0	0	0	0	0
Organic Valley French Vanilla Half & Half	2T	60	3.5	2	7	10	0	7	1
Organic Valley Hazelnut Half & Half	2T	60	3.5	2	7	10	0	7	1
✓ Silk Almond Creamer, Caramel, GF	1T	25	1	0	4	15	0	4	0
✓ Silk Almond Creamer, Sweet & Creamy, GF	1T	25	1	0	0	20	0	4	0
Silk Soy Creamer, Original, GF	1T	20	1.5	0.5	2	0	0	1	0
Silk Soy Creamer, Vanilla, GF	1T	30	1.5	0.5	4	0	0	3	0
✓ So Delicious Almond Milk Creamer, Caramel	1T	25	1	0	4	15	0	4	0
✓ So Delicious Almond Milk Creamer, Hazelnut	1T	25	1	0	4	15	0	4	0
✓ So Delicious Coconut Milk Creamer, French Vanilla	1T	25	1	0.5	5	0	0	4	0
✓ So Delicious Coconut Milk Creamer, Original	1T	10	0.5	0.5	<1	0	0	<1	0
✓ Trader Joe's Coconut Creamer, GF	1T	5	0	0	1	0	0	1	0
✓ Trader Joe's Soy Creamer, GF	1T	15	1.5	0	1	0	0	1	0
Wander Life Coconut Creamer, Original, GF	1T	80	6	5	7	0	0	5	1
✓ Wildwood Organic Soymilk Creamer, Original	1T	15	1.5	0	1	0	0	1	0

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, GF=Gluten Free. Daily requirement based on 2,000 calorie/day diet. Source: product labels or company websites.