



Shoppers Guide

Seasonal Coffee Drinks



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When there's a nip in the air, there isn't much that's as comforting as a steamy drink. Coffee is a go-to for many because not only does it warm you, it can

Many people look forward to the arrival of seasonal coffee drinks.

give you a little extra get-up-and-go when you need it. Plus, these days you don't need to settle for simply black or cream/sugar. You can choose from countless flavors and toppings. Plus, throughout the year offerings include a variety of unique seasonal flavors. But how do these drinks fit into a healthy eating plan?

The most troublesome issues with seasonal, flavored coffee drinks are the calories, saturated fat, and sugar. Some have more calories than a slice of stuffed crust, meat lover's pizza, the saturated fat equivalent of nearly two Big Macs, and/or the sugar equivalent of two or more Milky Way bars. Keep in mind these are drinks, not meals—they don't offer the same sense of fullness food does, therefore you'll most likely end up eating the same amount of food you would if you'd not just consumed 300 or more calories. That's not to say you need to eliminate them completely, just change things up a bit. The simplest change to make is limiting your portion. If you really like the fancy syrups and toppings, try to quench your cravings with the smallest size. Choosing a small instead of a large can be a difference of nearly 11 teaspoons of sugar and 300 calories but it tastes exactly the same.

Helpful Hints. Keep these additional tips in mind the next time you want to warm up with some seasonal yumminess.

- ▶ **Skip the syrup.** To get flavor without extra sugar, start with coffee made from flavored beans instead of plain beans with several squirts of sugary flavored syrup. At the very least you can usually find hazelnut and French vanilla flavored, and often many more.
- ▶ **Go topless.** You can cut the fat by as much as the equivalent of a half tablespoon of butter by simply leaving off the whipped cream. If you like the creaminess, choose a drink made with steamed low-fat milk.
- ▶ **Have a treat.** Consider having basic coffee for your daily jolt of joe and save these types of drinks for a treat or dessert. **EN**

—Heidi McIndoo, MS, RD

Seasonal Coffee Drinks Nutritional Comparison

✓ = **EN's Picks.** As with all EN comparisons, this is only a sampling of products. Coffee picks contain no more 200 calories (10% DV), 4 g sat fat (20% DV) and 36 g sugar.

SEASONAL COFFEE DRINKS	Serving Size	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
Biggby Gingerbread Man Latte with soy milk and whipped cream	16	358	11	5	54	168	1	51	8
Biggby Hot Delightfully Spicy Latte with nonfat milk	16	324	6	4	55	139	0	47	11
✓ Biggby Mint Hot Mocha Latte with soy milk	10	178	3	0	33	113	1	30	5
✓ Biggby Peppermint Blizzard Latte with nonfat milk	10	164	0	0	33	140	0	30	7
Biggby Pumpkin Spice Latte with 2% milk and whipped cream	20	487	14	9	75	261	0	73	14
✓ Biggby Winter Wonderland Latte with nonfat milk	10	166	0	0	34	140	0	30	7
Caribou Coffee Hot Maple Boudino, no whipped cream, small	n/a	360	23	14	28	90	0	28	7
✓ Caribou Coffee Hot Pumpkin Crafted Press, no whipped cream, medium	n/a	170	6	3.5	25	210	0	24	3
Caribou Coffee Hot Pumpkin Pie Latte with skim milk, no whipped cream, small	n/a	260	1	0	55	200	0	52	11
Caribou Coffee Hot Pumpkin White Mocha with 2% milk with whipped cream, medium	n/a	750	32	19	99	220	0	95	13
Coffee Beanery Caramelatte, tall	n/a	225	5	3	36	248	0	30	7
✓ Coffee Beanery Mocha Cream, tall	n/a	149	4	2	27	93	0	24	5
Coffee Beanery White Chocolate Mocha, grande	n/a	310	9	5	50	232	2	46	13
Dunkin' Donuts Hot Pumpkin Swirl Cappuccino with whole milk, large	n/a	370	8	5	62	230	0	60	11
Dunkin' Donuts Maple Pecan Swirl Hot Cappuccino with skim milk, medium	n/a	230	0	0	49	130	0	47	8
Dunkin' Donuts Maple Pecan Swirl Hot Coffee with cream, medium	n/a	260	9	4.5	42	85	0	39	4
✓ Dunkin' Donuts Pumpkin Swirl Hot Coffee, medium	n/a	170	0	0	38	95	0	36	3
Dunkin' Donuts Pumpkin Swirl Hot Macchiato with whole milk, medium	n/a	290	6	3.5	49	180	0	47	8
Dunkin' Donuts Maple Pecan Swirl Hot Latte with skim milk, medium	n/a	280	0	0	57	170	0	54	11
Dunn Bros. Caramel Latte Macchiato, medium	16	261	5	3	44	163	0	43	9
Dunn Bros. Latte Caramel Hot, medium	16	275	7	4	43	230	0	41	11
Dunn Bros. Latte Pumpkin Pie Hot, medium	16	361	13	8	52	149	0	52	10
Dunn Bros. Mocha Hot, small	12	226	6	3	36	191	0	34	9
Gloria Jean's White Chocolate Mocha, large	n/a	610	22	17	87	560	0	74	17
Gloria Jean's Hot Caramel Latte	16	280	7	4	41	210	0	39	13
Gloria Jean's Hot Chai Latte, small	n/a	220	5	4	36	100	0	33	7
Gloria Jean's Madagascar Vanilla Latte, regular	n/a	300	8	5	45	190	0	43	12
Peet's Coffee Pumpkin Chai Latte with almond milk, medium	n/a	260	4	0	53	250	1	50	2
✓ Peet's Coffee Pumpkin Latte with non-fat milk, small	n/a	200	1	0.5	37	150	0	35	11
Peet's Coffee Pumpkin Latte with whole milk, large	n/a	420	14	9	59	210	0	54	15
Peet's Coffee Vanilla Cardamom Latte with 2% milk, small	n/a	240	5	3.5	37	150	0	33	11
Pret Mocha	12	250	0	0	30	220	1	27	12
Pret Spiced Pumpkin Latte	12	260	3	2	42	260	0	33	14
✓ Starbucks Maple Pecan Latte with almond milk, tall	12	200	7	2	32	210	1	26	2
Starbucks Maple Pecan Latte with nonfat milk, venti	20	360	4	2.5	65	330	0	57	16
✓ Starbucks Pumpkin Spice Latte with soy milk and no whipped cream, short	8	160	2.5	0	27	100	1	24	6
Starbucks Pumpkin Spice Latte with whole milk and whipped cream, grande	16	420	18	10	52	220	0	50	14
✓ Starbucks Salted Caramel Mocha with nonfat milk, no whipped cream, short	8	160	1.5	1	31	135	2	26	6
Tim Horton's Flavored Latte Supreme, medium	15	220	5	5	34	170	0	32	10
Tim Horton's Flavored Mocha Latte, small	10	190	6	5	27	170	0	25	7

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: company websites.