



Restaurant Guide

# Enlightened Coffee Creamers



If you like your coffee black, your life is easy. But if you favor a hint of creaminess in your brew, you know the options have dramatically increased in recent years. While choices used to be limited to a few powdered creamers, liquid creamers, and half and half, you can now find entire rows of boxes and bottles filled with an array of flavors and varieties. But, what exactly do these creamers contain, and can they fit into a healthy eating plan?

Good old-fashioned cream is just that—cream. However many of the new-generation creamers, which likely don't even contain real cream, include a variety of sugars and oils—often partially hydrogenated, which is a source of artery-clogging trans fats. Some products have cream or milk as their base, but several list only “a milk derivative” on their ingredients list. And many new creamers on the market are dairy-free, based on plant foods, such as soy or coconut. With so many choices, there's a coffee creamer for everyone—and our guide will help you find the best one for optimal health, too.

**Helpful hints.** Use these tips when you're looking to flavor and lighten up your coffee the healthy way.

- **Keep it real.** Try to choose a creamer made with real ingredients, such as milk, soy or coconut, instead of one that is a mixture of sugar, refined fats (especially partially hydrogenated oils), and artificial colors, flavors, and thickeners.
- **Serving size awareness.** The majority of creamers suggest a serving is 1 tablespoon, which doesn't seem that much. However, even if you just double that amount you may be getting up to 90 calories and 4 grams of saturated fat—and that's just in one cup of coffee! If you drink 2-3 cups per day, you're potentially looking at the calorie and saturated fat equivalent of a fast food cheeseburger.
- **Go old school.** Consider going back to the basics. Use milk (dairy or plant-based) or half and half (less fat and calories than light cream). If you like flavoring, add pure extract like vanilla and just a teaspoon or less of sugar, which will give you less sugar than many presweetened creamers.

—Heidi McIndoo, MS, RD

## Coffee Creamers Nutritional Comparison

✓ = **EN's Picks.** As with all EN comparisons, this is only a sampling of products. Unrefrigerated creamer picks contain no more than 40 calories (2% DV) and 0.5 grams of sat fat (3% DV). Basic and refrigerated creamer picks contain no more than 35 calories (2% DV) and 1 gram of sat fat (5% DV) and contain real dairy or plant milk..

Coffee Creamers (Serving Size 1 tbsp)	Calories	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Sugar (g)
<b>BASIC</b>						
✓ Whole Milk	9	0.5	<0.5	1	6	1
✓ Half & Half	20	2	1	1	6	1
Light Cream	29	3	2	1	6	1
Heavy Cream	52	6	4	<0.5	6	<0.5
<b>UNREFRIGERATED (powder and liquid)</b>						
✓ International Delights Mini ID's Caramel Macchiato*	30	1.5	0.5	5	0	5
✓ International Delights Mini ID's Cold Stone Creamery Sweet Cream*	30	1.5	0.5	5	15	5
Nestle Coffeemate French Vanilla	45	2	2	7	11	5
Nestle Coffeemate Hazelnut	45	2	2	7	11	5
Nestle Coffeemate Original	30	2	2	3	0	0
✓ Nestle Coffeemate Original Fat Free	30	0	0	6	0	0
Nestle Coffeemate Original Sweetened	45	2	2	7	11	5
<b>REFRIGERATED</b>						
✓ 365 Organic Coffee Creamer Hazelnut	35	1.5	0	5	25	5
✓ 365 Organic Coffee Creamer Vanilla	35	1.5	0	5	25	5
✓ Bailey's Coffee Creamer Bailey's Mudslide	35	1.5	1	5	40	5
✓ Bailey's Coffee Creamer Caramel	35	1.5	1	5	30	5
✓ Bailey's Coffee Creamer The Original Irish Cream	35	1.5	1	5	30	5
Dunkin Donuts Extra Extra	40	1.5	1	6	0	6
✓ Dunkin Donuts Original	25	1	0.5	3	10	2
✓ Dunkin Donuts Original Fat Free	15	0	0	3	15	2
✓ Dunkin Donuts Original Unsweetened	15	1	0.5	<1	10	<1
International Delights Amaretto Café	35	1.5	1	5	0	5
International Delights Caramel Marshmallow Fat Free & Sugar Free	15	0	0	3	10	0
International Delights French Vanilla Fat Free	30	0	0	7	5	5
International Delights Hazelnut	35	1.5	1	6	0	6
Nestle CoffeeMate Café Collection Café Mocha	35	1.5	0	5	0	5
Nestle CoffeeMate Café Collection Caramel Macchiato Sugar Free	15	1	0	2	0	0
Nestle CoffeeMate Dulce De Leche	35	1.5	0	5	5	5
Nestle CoffeeMate Extra Sweet & Creamy	40	2	2	6	15	6
Nestle CoffeeMate French Vanilla Fat Free	25	0	0	5	0	5
Nestle CoffeeMate Girl Scouts Thin Mints	35	1.5	0	5	5	5
✓ Nestle CoffeeMate Natural Bliss Cinnamon Cream	35	1.5	1	5	5	5
✓ Nestle CoffeeMate Natural Bliss Vanilla	35	1.5	1	5	5	5
Nestle CoffeeMate The Original	20	1	0	2	5	<1
✓ Organic Valley Soy Creamer French Vanilla	25	1	0	4	30	3
✓ Organic Valley Soy Creamer Original	15	1	0	1	30	1
✓ Silk Soy Milk Creamer French Vanilla	20	1	0	3	10	3
✓ Silk Soy Milk Creamer Hazelnut	20	1	0	3	10	3
✓ Silk Soy Milk Creamer Original	15	1	0	1	10	<1
✓ So Delicious Dairy Free Coconut Milk Creamer French Vanilla	20	0	0	4	0	4
✓ So Delicious Dairy Free Coconut Milk Creamer Hazelnut	20	0	0	4	0	4
✓ So Delicious Dairy Free Coconut Milk Creamer Original	10	0	0	1	0	1
Trader Joe's Lactose Free Coffee Creamer Hazelnut	30	1.5	0	4	0	4
Trader Joe's Lactose Free Coffee Creamer Vanilla	30	1.5	0	4	0	4
✓ Trader Joe's Soy Creamer	10	0	0	2	0	0

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, Daily requirement based on 2,000 calorie/day diet. Source: food labels. \*Portioned in individual cups; about 1 tbsp each