

Restaurant Guide

Lifting the Lid on Coffee Shop Drinks




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Long gone are the days when your only decision to make when ordering coffee was “cream or sugar.” Now you need to think about what type of milk (whole, low-fat, skim, soy, or almond), cream (whipped or plain), and even temperature (hot or cold.) In addition, there’s an array of flavor pumps to choose from, such as hazelnut, cinnamon, pumpkin, mocha, peppermint, white chocolate, and more.

All of these choices may make ordering your morning cup of Joe more complicated, but how do they impact your healthy eating? Nutritionally speaking, a cup of black coffee is void of calories, carbs, and fat. A splash of cream or sprinkle of sugar may add a few calories, but nothing that can’t be worked into a healthy diet. However, many of today’s decadent coffee options can cause the saturated fat, carbohydrates, and calories to skyrocket. Depending on how it’s made, a coffee shop drink can provide more calories than a fast food bacon double cheeseburger—and 32 teaspoons of sugar, which is more than you’ll find in a liter of soda. But with some wise ordering, you can still get a flavor-packed caffeine fix without breaking your nutritional bank.

Helpful hints. Consider these suggestions next time you belly up to the coffee bar.

- **Size matters.** Large sizes may have 100-plus more calories per serving, as well as more fat and sugar. By ordering a small, you can enjoy your favorite flavors, with less saturated fat, calories, and sugar.
- **Skip the whip.** While it may look fancy, whipped cream can add an extra 100-plus empty calories to your drink.
- **Skinny it down.** Soy and skim milk can cut the saturated fat and calories by a lot. With all the extras added to your coffee, you may not even notice the difference between whole and skim.
- **Sugar time.** Flavored syrups and toppings can really up your sugar consumption. Consider requesting a smaller flavor shot in your drink and skipping the syrup drizzles. 

—Heidi McIndoo, MS, RD

Coffee Shop Drinks Nutritional Comparison

✓ = **EN's Picks.** As with all *EN* comparisons, this is only a sampling of products. Picks contain no more than 270 calories (14% DV), 10 g fat (15% DV), 2 g saturated fat (10% DV), and 45 g sugar*.



Coffee Drinks (based on medium-sized drink**)	Calories	Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Sugar (g)	Protein (g)
HOT							
Caribou Coffee Campfire Mocha (2% milk, whipped cream)	560	31	20	64	145	61	11
✓ Caribou Coffee Caramel High Rise (skim milk, no whipped cream)	220	1	0	41	200	41	14
Caribou Coffee Northern Lite Turtle Mocha (skim milk, non fat whipped cream)	265	8	5	34	200	32	11
Dunkin Donuts Caramel Mocha Latte (milk)	330	9	6	52	170	50	11
Dunkin Donuts Mocha Latte (skim milk)	270	1	0.5	55	150	51	11
Dunn Bros. Skim Milk Chocolate Steamed Nirvana	230	0	0	51	210	47	12
✓ Dunn Bros. Skim Milk Dark Mocha	210	0	0	43	220	39	13
Dunn Bros. Vanilla Steamed Nirvana	410	20	13	50	135	47	10
Dunn Bros. White Mocha Latte	270	7	4.5	41	140	37	12
Dutch Bros. Dutch Mocha	277	10	6	39	270	28	9
Dutch Bros. Kicker	452	31	18	43	187	31	9
✓ Dutch Skinny Annihilator	90	0	0	44	139	34	9
✓ Peet's Cinnamon Hazelnut Latte (non fat milk)	235	0	0	45	195	45	14
Peet's Sea Salt Caramel Mocha (whole milk)	419	12	7	66	405	60	13
Peet's White Chocolate Mocha (2% milk)	320	8	5	45	230	47	16
Seattle's Best Coffee Classic Hot Latte	190	10	6	17	130	15	10
Seattle's Best Hot Hazelnut Creme Latte	260	14	9	51	140	48	9
Seattle's Best Hot S'Mores Mocha	360	14	8	54	130	45	9
Starbucks Hazelnut Macchiato (non fat milk, no whipped cream)	190	0	n/a	35	130	n/a	11
Starbucks White Chocolate Mocha (whole milk, whipped cream)	500	22	n/a	63	240	n/a	14
Tully's Hot Caramel Macchiato	360	8	5	61	250	n/a	12
Tully's Hot White Chocolate Cafe Mocha	430	13	9	51	310	n/a	20
COLD							
Caribou Coffee Iced Berry White Mocha (skim milk, no whipped cream)	380	5	2.5	75	130	74	8
✓ Caribou Coffee Iced Caramel High Rise (skim milk, no whipped cream)	170	0	0	36	85	35	6
Caribou Coffee Mint Condition Mocha Cooler (whipped cream)	700	23	14	117	170	107	9
✓ Dunkin Donuts French Vanilla Swirl Iced Coffee	170	0	0	40	55	36	3
Dunkin Donuts Frozen Caramel Coffee Coolatta (cream)	740	35	22	106	130	97	7
Dunkin Donuts Frozen Mocha Coffee Coolatta (skim milk)	450	0.5	0	108	135	103	8
✓ Dunn Bros. Iced Mocha	150	2.5	1.5	30	135	27	5
✓ Dunn Bros. Skim Milk Iced White Mocha	130	0	0	31	60	27	4
Dutch Bros. Double Chocolate Mocha, Iced	405	12	7	66	312	50	10
Peet's Iced Caramel Macchiato (soy milk)	250	4	0	50	300	46	7
✓ Peet's Iced Sugar Free Vanilla Latte (soy milk)	100	4	0	10	290	8	6
Seattle's Best Frozen Mint Chocolate Chip Mocha	480	17	12	79	170	66	6
Seattle's Best Iced Mocha	290	13	8	38	90	32	8
Starbucks Caramel Light Frappuccino (nonfat milk, no whipped cream)	140	0	n/a	30	0	n/a	3
Starbucks Iced Salted Caramel Mocha (whole milk, whipped cream)	420	19	n/a	62	290	n/a	8
Starbucks Iced Vanilla Latte (2% milk, no whipped cream)	190	4	n/a	30	100	n/a	7
Tully's Iced Cafe Mocha	240	6	3.5	39	150	n/a	11
Tully's Iced Sugar Free Mocha	290	15	9	35	100	n/a	7

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, n/a=information not available, DV=Daily Value, daily requirement based on 2,000 calorie/day diet. Source: company website.

*The total grams of sugar include sugars found naturally in milk; for example 8 oz milk naturally contains 12 grams of sugar

**Based on medium-sized drinks served at coffee shops, which vary in size.