

## The Top 5 Starbucks Drinks That Are Undoing Your Diet

Smart consumers like yourself educate themselves on the do's and don'ts of consumption in today's fast paced world. You know to avoid options involving words, such as, cookie or chocolate chip. But, what about those macchiatos and frappuccinos you love so much? Also, we are including only caffeinated beverages and not any of Starbuck's hot chocolate options, which happen to be worse than most drinks listed below.

\*Note-Iced servings are 4oz larger than expected due to ice. Iced Venti=24oz.



### **White Chocolate Mocha (580 Calories)**

The 20 oz White Chocolate Mocha (NOT the White Chocolate Mocha Frap) comes in at 580 calories for 20 ounces. With 150 mg of caffeine, it has more than 63 g of carbohydrates in the venti serving.

### **White Chocolate Mocha Frappuccino (550 Calories)**

The White Chocolate Mocha Frappuccino is made with creme and enters in at 550 calories in a 20-ounce cup. The carbohydrates and sugars, like the similar named drink above, total over 70g per venti order.

### **Salted Caramel Mocha (510 Calories)**

A 20-ounce cup of Salted Caramel Mocha contains 510 calories and 180 mg of caffeine. This drink in particular totals 84g of carbohydrates, of which, includes the whopping 73g sugars. A complicated-to-make drink shows us that a book doesn't always read by the "simple" name on the cover.

### **Mocha Frappuccino (500 Calories)**

One 20-ounce cup of the Mocha Frappuccino contains 500 cal. Those 20 ounces also contain 140 mg of caffeine and over 80 grams of carbohydrates and sugars. The increased sugar content ties this drink as, "the least of the worst", with the Iced Caffe below.

### **Iced Caffe Vanilla Frappuccino (500 Calories)**

A 24-ounce Iced Caffe Vanilla Frappuccino totals 500 calories. The small amount of coffee used to make it gives the Venti drink a modest 120 mg of caffeine and has a similarly large amount of carbohydrates and sugars (>80g), like the Mocha Frap above.



## The Healthiest Drinks at Starbucks



### **Caffe Americano (15 Cal)**

One of our favorites, this espresso-based drink is one of the lowest calorie items on the Starbucks menu, with 225 mg of caffeine and only 4g carbohydrates and no sugar.

### **Tall (12oz) Caramel Frappuccino 'Light' 100 (Cal)**

Most frappuccinos are packed with calories and sugar, but the 'light' version of the caramel frappuccino is only 100 calories, but be careful, this does contain 40g of carbs and sugars when ordered as a venti (20oz).

### **Venti (20oz) Skinny Vanilla Latte (110 Cal)**

Many folks have a hard time giving up milk or flavor in their morning caffeine. This drink is the perfect way to cut calories in your coffee without compromising flavor. This is also the most bang-for-your-buck, as it only contains 17g carbs and 14g sugar for Starbucks's largest serving size.

### **Grande (16oz) Caffè Misto (110 Cal)**

For those looking for hot coffee in the morning, the Caffè Misto is one of the healthiest options. Made from freshly ground coffee beans and steamed skim milk, it contains only 10 grams of carbs and sugars.

### **Tall (12oz) Almond Iced Vanilla Latte (120 Cal)**

Iced coffees are usually skim or non fat milk, but this almond version of the Iced Vanilla Latte is a great option. Remember to ask for almond as the milk replacement, because this is the only way to keep the carbohydrate and sugar intake below 20g per serving.

## References

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