

GOOD CUP BAD CUP

How to Survive in Latte Land

BY JAYNE HURLEY & BONNIE LIEBMAN

The coffee, espresso, and tea that Europeans sip in their cafés hasn't changed much over the years. But stop at a coffee house in the U.S. (there are probably two on the next block), and that 10-calorie beverage has likely morphed into a 500-calorie milk shake. Here's how to keep your coffee break from turning into a Big Mac break.

The information for this article was compiled by Heather Jones.

Starbucks

Like their fast-food cousins, Starbucks and other coffee sellers put nutrition numbers on their Web sites, but not their menu boards. If Starbucks did, here's what you'd see.

■ **Latte.** A grande (16 oz.) nonfat Caffè Latte (two shots of espresso with steamed milk) is a bargain when it comes to calories (160), saturated fat (0 grams), and calcium (some 450 milligrams). But you'll add:

- 70 calories for flavored syrups (unless you get no-cal, sugar-free Hazelnut or Vanilla),
- 100 calories for whole milk instead of nonfat, or
- 50 calories for soy milk.

If you're not careful, your bargain can balloon to a whole-milk Vanilla Latte with 320 calories and 7 grams (a third of a day's worth) of sat fat. Oops.

Bonus: get any grande nonfat latte iced and you'll save about 50 calories.

■ **Cappuccino.** The mix of steamed and foamed whole milk that's added to the espresso supplies a grande with just 150 calories, but who needs 5 grams of saturated fat in their coffee? Stick with nonfat milk and you've got a 100-calorie Best Bite with around 250 mg of calcium—20 percent of a day's worth.

■ **Mocha.** A grande White Chocolate Mocha (espresso, steamed whole milk, white chocolate syrup, and whipped cream) may look like a beverage, but its 510 calories and 17 grams of saturated fat are more like a half pound of meat loaf.

Instead, order a nonfat, no- whip White Chocolate Mocha (340 calories and 4 grams of sat fat). Better yet, swap the white chocolate syrup for mocha syrup and you've got a nonfat, no- whip Caffè Mocha, with no sat fat and just 220 calories. A tall (12 oz.) brings the calories (170) into Honorable Mention range.

■ **Macchiato.** There's so little milk in this espresso-plus-foamed-milk drink that a doppio (2 oz.) delivers just 20 calories and no saturated fat, even with whole milk. But a grande (16 oz.) Caramel Macchiato—espresso with steamed whole milk, vanilla, and caramel—is a different animal, at 310 calories and 7 grams of sat

fat. The nonfat milk version knocks off 90 calories and nearly all the sat fat.

■ **Frappuccino.** The original Coffee Frappuccino Blended Coffee—which comes from a mix (mostly sugar, coffee, and milk) blended with ice and *sans* whipped cream—has only 260 calories and 2 grams of saturated fat in a grande. Not too shabby.

Shabby are all the other flavors (Mocha, Caramel, Banana Coconut, Caffè Vanilla, and Java Chip), which deliver 420 to 550 calories and about 10 grams of sat fat. (The Java Chip packs 15 grams—as much as two pork chops.)

Frappuccino Blended Crèmes—which come from a coffee-free mix—are in the same ballpark. Order a grande Double Chocolate Chip, for example, and you've just shelled out close to \$4 for 580 calories and two-thirds of a day's sat fat (13 grams).

If you skip the whipped cream, you can dodge 130 calories and nearly all the sat fat in almost any grande Frappuccino (except the Java Chip and Double Chocolate Chip). But you're still stuck with about 300 to 400 calories.

Solution: Frappuccino Lights slash the calories to 150 to 230 by replacing half the sugar with the safe artificial sweetener Splenda (and dropping the whipped cream). The only downside: Frappuccino Lights don't come in decaf (at many Starbucks, regular Frappuccinos do).

Starbucks' latest twist: Frappuccino Juice Blends. A grande Tangerine with Passion Tea has 190 calories, considerably fewer than the Pomegranate with Green Tea (280).



Mocha magic. With 490 calories and 16 grams of bad fat, a venti (20 oz.) Caffè Mocha is a Quarter Pounder with Cheese in a cup. But you lose all the bad fat and all but 170 calories if you order a tall (12 oz.) with nonfat milk and no whipped cream.

■ **Tea & Chai.** The trouble with Chai (spiced tea) is the company it keeps. The whole milk and honey in a grande (16 oz.) Chai Tea Latte, for example, supply 290 calories and 5 grams of saturated fat. In contrast, milk-free iced teas like Black, Green, or (caffeine-free) Passion Tea have just 80 calories and no sat fat.

Our advice: order any Tea Latte (Chai or otherwise) as a tall (12 oz.) with nonfat or soy milk and you'll have at least an Honorable Mention.

■ **Hot Chocolate.** A grande Hot Chocolate with whole milk and whipped cream has the calories (450) and saturated fat (14 grams) of three hot dogs. It's not a beverage. It's lunch. Get a tall, no- whip, nonfat Hot Chocolate, on the other hand, and you're down to 210 calories and no sat fat to speak of.

Dunkin' Donuts

There's Starbucks for the "triple grande, breve, extra foam, upside down, half-caf Caramel Macchiato with whip" crowd, and there's Dunkin' Donuts for most everyone else. (Warning: at Dunkin', 14 oz. is a *medium* hot drink, while 16 oz. is a *small* cold drink.)

■ **Latte.** You can make your own light latte at any coffee house by getting it with nonfat milk (and adding Splenda if you want it sweet). But Dunkin' Donuts is the only chain that offers (Splenda-sweetened) Latte Lites on its menu board.

You swallow only about 100 fat-free calories in a medium (14 oz.). Most of them come from the milk, which sends around 300 milligrams of calcium to your always-under-construction bones.

■ **Coolatta.** The biggest coffee seller also sells the biggest iced coffee drinks. For example, if you always order your cold drinks medium, you'll end up with 16 oz. at Starbucks, 20 oz. at Caribou Coffee, and 24 oz. at Dunkin' Donuts (see photo).

But even most small (16 oz.) Coolattas aren't too cool. The fruit flavors (Lemonade, Strawberry Fruit, and Tropicana Orange) supply 240 to 370 calories, mostly from sugar. And the Vanilla Bean squeezes 440 calories, 15 grams of saturated fat, and 1 gram of trans fat through your straw. A large (32 oz.) doubles the damage.

Coffee is the only Coolatta flavor that comes with a choice of milk. You can cre-



Light is right. This venti (24 oz.) Java Chip Frappuccino (left) has 650 calories and nearly a day's saturated fat. It's a McDonald's coffee plus 11 creamers and 29 packets of sugar. In contrast, a grande (16 oz.) Coffee Frappuccino Light (right) has no sat fat and only 150 calories, thanks to Splenda, no whipped cream, and its smaller size.

ate an Honorable Mention by ordering a (170-calorie) small with nonfat milk.

■ **Smoothie.** You get some fruit purée and a small dose of saturated fat (from the low-fat vanilla yogurt) in Dunkin's Smoothies (Strawberry Banana, Wild-berry, and Mango Passion Fruits). But you also get enough sugar to boost the calories to 360 (for a 16 oz. small). You'd have to eat 7 cups of sliced strawberries or 3½ cups of mango to swallow that many calories.

■ **Hot Chocolate.** Most coffee-house drinks get their saturated fat from milk.



What's a medium? You can't go wrong with an iced nonfat latte. But remember that a medium cold drink is 16 oz. (grande) at Starbucks, 20 oz. at Caribou Coffee (not shown), and 24 oz. at Dunkin' Donuts.

Not Dunkin' Donuts' Hot Chocolate or its coffee-flavored cousin, the Dunkaccino. Instead of milk, both are made from a mix that's largely sugar and non-dairy creamer (which contains partially hydrogenated soybean oil and more sugar). So every medium (14 oz.) Dunkaccino packs 4 grams of saturated fat and 7 grams of trans fat. Likewise, a medium Hot Chocolate has some 3 grams of sat fat and 5 grams of trans. They're the perfect chasers for Dunkin's trans-laden doughnuts.

Smaller Chains

CARIBOU COFFEE

■ **Mocha.** A medium (16 oz.) Mocha hits 480 calories and 11 grams of saturated fat, thanks to the 2% milk, chocolate, and whipped cream. But those numbers look good next to a White Chocolate Mocha's 540 calories and 17 grams of sat fat. It's like having 13 slices of bacon for a snack.

■ **Cooler & Snowdrift.** They're Caribou's answer to Starbucks' Frappuccinos, only larger. A medium (20 oz.) Vanilla Cooler, for example, lathers 510 calories and 15 grams of sat fat onto your frame. Even a small (16 oz.) Cookies and Cream Snowdrift buries you under 590 calories, 13 grams of sat fat, and 3 grams of trans fat.

■ **Wild.** Most are espresso drinks with cocoa, caramel, or chocolate, topped with whipped cream. And most mediums (16 oz.) will give you 400 to 600 calories and half a day's sat fat.

■ **Smoothie.** You'd be better off eating a piece of fruit than one of these fat-free mixtures of fruit purée or juice and sugar. Only one smoothie—a small (16 oz.) Passion Green Tea—doesn't top 200 calories.

PANERA

■ **Latte.** Thanks to its whipped cream and 2% milk, a grande (16 oz.) Caramel Latte will cost you some 600 calories and 80 percent of a day's saturated fat.

■ **I.C.** Most are made with half-and-half. So a grande I.C. Caramel or Mocha has 500 to 550 calories and 13 to 15 grams of sat fat, while a grande I.C. Cappuccino Chip has 590 calories and more than a day's worth of sat fat (25 grams). When you see I.C., think I.C.U. (as in intensive care unit).



AU BON PAIN

■ **Choco Bon Loco.** At least it comes in only one smallish size (6 oz.). With 220 calories and 7 grams of saturated fat, that's a good thing.

■ **Mocha Blast.** The caffeine in the espresso may be a blast for your brain, but the chocolate and whipped cream in a medium (16 oz.) Mocha Blast will blast your belly with more than 300 calories.

Have it Your Way

Here's how to ease the load on your heart and your waistline at any coffee house.

1. Go nonfat. A nonfat or soy cappuccino or latte is almost always a Best Bite or Honorable Mention. Ordering a 16 oz. drink with nonfat milk saves all the sat fat plus 50 to 100 calories (if the chain usually uses whole milk) or 40 to 60 calories (if the chain starts with 2% milk). A 16 oz. drink with soy milk has about 50 more calories than the same drink with nonfat milk.

2. Skip the whip. At Starbucks, for example, whipped cream adds some 120 calories and 7 grams of bad fat that you could do without.

3. Tout de sweet. Order sweetened drinks with sugar-free syrup or get them unsweetened and add your own sugar (10 calories per packet) or Splenda (0 calories).

4. Drink your calcium. Check our chart to find drinks (marked with an *) that have at least 200 milligrams of calcium. People over 50 should shoot for 1,200 mg of calcium a day, according to the National Academy of Sciences.

5. Java jitters. According to Starbucks, you get 130 milligrams of caffeine in every 8 oz. of coffee and 65 mg in every 1 oz. shot of espresso. Other coffee houses are probably in the same ballpark. Pregnant women should minimize caffeine. And too much can make anyone jittery or unable to sleep. On the plus side, some studies suggest that caffeine may lower the risk of Parkinson's disease and that any coffee—decaf or regular—may curb the risk of diabetes, but more research is needed.

Sufficient Grounds

Best Bites (✓✓) have no more than 100 calories. **Honorable Mentions** (✓) have no more than 200 calories. Both have no more than 1 gram of bad (saturated plus trans) fat. (Almost all the fat in these beverages is saturated. Exception: numbers marked with a ^T include at least 1 gram of trans fat.) **Worst Bites** (✗) have 6 grams or more of bad fat.

The chart shows serving sizes that are closest to 16 oz., which is a medium (grande) at Starbucks. If a drink is a Best Bite, the chart doesn't show smaller sizes, which would also be Best Bites.

Within each section, beverages are ranked from least to most bad fat, then calories, then sugar. Our chart includes the only two national chains. For information on other chains, see their Web sites.

Starbucks (16 oz. grande unless noted)

	Calories	Saturated + Trans Fat (grams)	Sugar ^T (grams)	Caffeine (milligrams)
Coffee & Espresso				
✓✓ Coffee	10	0	0	260
✓✓ Decaf	10	0	0	20
✓✓ Espresso (<i>doppio</i> —2 shots, 2 oz.)	10	0	0	130
✓✓ Caffè Americano	20	0	0	130
Latte				
✓✓ Iced Caffè Latte, soy (<i>tall</i> —12 oz.)*	90	0	10	65
✓✓ Iced Caffè Latte, nonfat*	100	0	11	130
✓ Iced Caffè Latte, soy*	120	0	12	130
✓ Caffè Latte, nonfat*	160	0	20	130
✓ Iced Vanilla Latte (or other flavor), nonfat*	160	0	29	130
✓ Vanilla Latte (or other flavor), nonfat (<i>tall</i> —12 oz.)*	170	0	28	65
✓ Iced Vanilla Latte (or other flavor), soy*	190	0	29	130
Vanilla Latte (or other flavor), nonfat*	230	0	38	130
✓ Caffè Latte, soy (<i>tall</i> —12 oz.)*	160	1	16	65
Iced Vanilla Latte (or other flavor), whole*	210	4	28	130
Iced Caffè Latte, whole*	160	5	11	130
✗ Vanilla Latte (or other flavor), whole*	320	7	36	130
✗ Caffè Latte, whole*	260	9	19	130
Cappuccino				
✓✓ Cappuccino, soy (<i>tall</i> —12 oz.)*	100	0	10	65
✓✓ Cappuccino, nonfat*	100	0	11	130
✓ Cappuccino, soy*	120	0	12	130
Cappuccino, whole*	150	5	11	130
Mocha (with whipped cream unless noted)				
✓ Caffè Mocha, nonfat, no whipped cream (<i>tall</i> —12 oz.)*	170	0	25	85
✓ Iced Caffè Mocha, nonfat, no whipped cream*	180	0	26	155
Caffè Mocha, nonfat, no whipped cream*	220	0	32	155
✓ Iced Caffè Mocha, soy, no whipped cream (<i>tall</i> —12 oz.)*	150	1	20	85

Calories
Saturated +
Trans Fat
Sugar* (grams)
Caffeine
(milligrams)

✓ Caffè Mocha, soy, no whipped cream (tall—12 oz.)*	200	1	26	85
✓ Iced Caffè Mocha, soy, no whipped cream*	200	1	26	155
✗ Caffè Mocha, whole*	400	14	33	155
✗ White Chocolate Mocha, whole*	510	17	55	130

Macchiato

✓✓ Espresso Macchiato, any milk (doppio—2 oz.)	20	0	0	130
✓ Caramel Macchiato, nonfat (tall—12 oz.)*	170	0	27	65
✓ Iced Caramel Macchiato, soy (tall—12 oz.)*	160	1	23	65
✓ Iced Caramel Macchiato, nonfat*	200	1	32	130
Caramel Macchiato, nonfat*	220	1	35	130
✗ Caramel Macchiato, whole*	310	7	34	130

Frappuccino (with whipped cream unless noted)

Coffee, no whipped cream*	260	2	44	175
✗ Chai Tea Blended Crème*	510	9	68	45
✗ Blackberry Green Tea Blended Crème*	560	9	78	110
✗ Caramel or Mocha* ¹	430	10	52	185
✗ Caffè Vanilla*	470	10	65	175
✗ Blended Crème, except Teas* ¹	560	10	73	0 ²
✗ Banana Coconut*	550	11	81	175
✗ Java Chip*	510	15	59	175

Frappuccino Light

✓ Coffee*	150	0	20	175
✓ Caffè Vanilla (tall—12 oz.)	160	0	27	130
✓ Caramel or Mocha* ¹	180	0	26	185
Caffè Vanilla*	230	0	38	175

Frappuccino Juice Blend

✓ Tangerine with Passion Tea	190	0	45	0
Pomegranate with Green Tea	280	0	67	25

Tea & Chai

✓✓ Shaken Green or Black Iced Tea ¹	80	0	20	65
✓✓ Shaken Passion Iced Tea	80	0	20	0
✓ Shaken Green or Black Iced Tea Lemonade ¹	120	0	29	65
✓ Iced or Hot Green Tea Latte, nonfat or soy (tall—12 oz.)* ¹	150	0	27	80
Chai Tea Latte, nonfat*	230	0	47	50
Chai Tea Latte, whole*	290	5	46	50

Other Hot Drinks (with whipped cream unless noted)

✓ Vanilla Crème, nonfat, no whipped cream (tall—12 oz.)*	180	0	30	0
Hot Chocolate, nonfat, no whipped cream (tall—12 oz.)*	210	0	33	20
✗ Hot Chocolate, whole*	450	14	41	25
✗ Vanilla Crème, whole*	440	15	40	0

Dunkin' Donuts

Hot Coffee & Espresso (14 oz. medium unless noted)

✓✓ Espresso (1 shot—2 oz.)	0	0	1	75
✓✓ Coffee or Coffee with flavor shot ¹	30	0	0	180
✓✓ Espresso (1 shot—2 oz.) with sugar	30	0	7	75
Turbo Hot, cream with sugar	180	5	24	280

Iced Coffee (16 oz. small)

✓✓ Iced Coffee, whole with sugar	80	1	13	70
Iced Berry Bliss or Choco-Nilla Coffee, cream ¹	90	4	7	70
Iced Coffee, cream with sugar	120	4	12	70
Turbo Ice, cream with sugar	120	4	13	145

Hot Latte (14 oz. medium unless noted)

✓✓ Latte, nonfat (small—10 oz.)* [#]	70	0	10	75
✓✓ Latte, soy (small—10 oz.)*	90	0	6	75
✓✓ Latte Lite*	100	0	12	100
✓ Vanilla Latte Lite*	110	0	14	100
✓ Latte, soy with sugar (small—10 oz.)*	150	0	20	75
Latte, whole with sugar*	220	5	30	100
Caramel Swirl Latte, whole*	320	5	49	100
✗ Caramel Crème or Mocha Swirl Latte, whole* ¹	340	7	53	100
✗ Mocha Almond Latte, whole*	410	10	63	100

Iced Latte (16 oz. small)

✓✓ Iced Latte, nonfat*	70	0	10	75
✓✓ Iced Latte Lite*	80	0	10	75
✓ Iced Latte, nonfat with sugar*	120	0	22	75
✓ Iced Caramel Swirl Latte, nonfat*	180	0	35	75
✓ Iced Mocha Swirl Latte, nonfat*	180	0	35	75
Iced Latte, whole*	120	4	10	75
Iced Latte, whole with sugar*	170	4	21	75
Iced Caramel or Mocha Swirl Latte, whole* ¹	240	4	36	75
✗ Iced Caramel Crème or Mocha Almond Latte, whole* ¹	280	7	43	75

Cappuccino (14 oz. medium unless noted)

✓✓ Cappuccino, nonfat (small—10 oz.)* [#]	50	0	7	75
✓✓ Cappuccino, soy (small—10 oz.)*	70	0	5	75
✓ Cappuccino, soy with sugar (small—10 oz.)*	120	0	19	75
Cappuccino, whole with sugar	180	4	28	100

Coolatta (16 oz. small)

✓ Coffee, nonfat	170	0	40	15
Lemonade or Strawberry Fruit ¹	270	0	61	0
Tropicana Orange	370	0	87	0
✗ Coffee, cream	350	14	35	15
✗ Vanilla Bean	440	16 ^T	69	0

Smoothie (16 oz. small)

Smoothie ¹	360	2	69	0
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Other Hot Drinks (14 oz. medium)

✗ Hot Chocolate	310	8 ^T	39	20
✗ Vanilla Chai	320	8	45	60
✗ Dunkaccino	320	11 ^T	35	105

✓✓ Best Bite. ✓ Honorable Mention. ✗ Worst Bite. #Numbers are CSPI estimates. ^Includes added sugar plus naturally occurring sugar from milk. *Contains at least 200 mg of calcium. ¹Average. ²The Double Chocolate Chip flavor has 25 mg of caffeine. ^TIncludes 1 gram or more of trans fat.

Daily Limits (for a 2,000-calorie diet): **Saturated + Trans Fat:** 20 grams. **Sugar:** 40 grams (10 teaspoons). **Calcium:** at least 1,200 mg.

Sources: Starbucks, Dunkin' Donuts.

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