

NUTRITION *TOGETHER*™

Eating Light at Starbucks

How do you enjoy a Starbucks treat and still stay within your daily food weight goal?
Simple...order wisely:

DRINKS

Hot beverages (TALL or 12 fl. Ozs.)	Food weight
Brewed Coffee (black) Brewed Tazo® tea Caffé Americano Nonfat Cappuccino	0
Skinny Vanilla Latte	1.0
Nonfat Caramel Macchiato Caffé Latte Nonfat Vanilla Crème (no whip) Tazo® Full-Leaf Tea lattes Nonfat Caffé Mocha-no whip Soy Tazo® Chai Tea Latte Steamed Apple Juice	1.5

Cold beverages (TALL or 12 fl. Ozs.)	Food weight
Tazo® Shaken Iced Passion® Tea (unsweetened)	0
Iced Brewed Coffee (Classic Syrup added) Iced Skinny Latte	0.5
Iced Vanilla Latte Tazo® Shaken Iced Tea Lemonade	1.0
Nonfat Iced Caramel Macchiato Caramel Frappuccino® Light Blended Coffee	1.5
Coffee Frappuccino® Blended Coffee	2.0

FOOD

Breakfasts	Food weight
Oatmeal (plain)	1.5
Oatmeal (with nut medley)	2.5
Spinach, Roasted Tomato, Feta & Egg White Wrap	3.0

Fruit & Parfaits	Food weight
Fruit Cup Banana	1.0
Greek Yogurt & Honey Parfait Dark Cherry Yogurt Parfait	3.0

Treats	Food weight
Petite Vanilla Bean Scone Dark Chocolate-Covered Grahams Biscotti (Vanilla Almond, Chocolate, Caramel Macchiato)	1.5
3-Pack Madeleines (Classic, Chocolate) Dark Chocolate-Covered Espresso Beans Marshmallow Dream Bar	2.0
Blueberry Oat Bar with Organic Blueberries	2.5