

GOOD CUP BAD CUP

How to Survive in Latte Land

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Starbucks

Like its fast-food cousins, Starbucks puts nutrition numbers on its Web site, but not its menu board. If it did, here's what you'd see.

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

- 70 calories for flavoured syrups (unless you get no-cal, sugar-free Hazelnut or Vanilla) or
- 100 calories for whole milk instead of skim (or 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 saturated fat. Oops.

Bonus: get any grande skim 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 skim milk and you've got a 100-calorie Best Bite with some 250 milligrams of calcium—20 per cent 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 skim, 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 skim, no- whip Caffè Mocha, with no sat fat and just 220 calories. A tall (12 oz.) brings the calories (170) into Honourable Mention range.

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 Canada (there are probably two on the next block) and that 10-calorie beverage has likely morphed into a 500-calorie milkshake. Here's how to keep your coffee break from turning into a Big Mac break.

The information for this article was compiled by Deborah Cohen in Toronto, with help from Heather Jones in Washington.

■ **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 skim 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 flavours (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 more than \$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 Double Chocolate Chip and the Java Chip). But you're still stuck with about 300 to 400 calories.

Solution: grande 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).

■ **Tea & Chai.** The trouble with Chai (spiced tea) is the company it keeps. The whole milk and honey in a grande Chai Tea Latte, for example, supply 290 calories and 5 grams of saturated fat. In contrast, milk-free iced teas like Black, Green,



Light is right. Starbucks' venti (24 oz.) Java Chip Frappuccino (left) has 650 calories and nearly a day's saturated fat. It's a coffee plus 16 half-and-half 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.

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 skim or soy milk and you'll have at least an Honourable 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, skim Hot Chocolate, on the other hand, and you're down to 210 calories and no sat fat to speak of.

Second Cup

Second Cup is hot on the heels of Starbucks, its rival in the race to woo upscale coffee drinkers. But a closer look at some of Second Cup's beverages—many of which harbour a dose of trans fat—makes it clear that even a *first* cup is too much. (Warning: at Second Cup, 16 oz. is a *medium* hot drink but a *small* cold drink.)

■ **Caffè Latte & Cappuccino.** If you don't speak up, Second Cup will make your drink with 2% milk. But you can get it with 1% milk, skim, or soy.

Utter the word "skim" or "soy" and watch the saturated fat disappear. Your medium (16 oz.) Caffè Latte or Cappuccino drops into Honourable Mention range. Thanks to the ice cubes, a small (16 oz.) skim Iced Caffè Latte falls to 100 calories. And a medium Cappuccino or Caffè Latte—hot or iced—delivers roughly 350 to 450 mg of calcium to your always-under-construction bones.

■ **Flavoured Latte, etc.** Whether it's a Corretto, Moccaccino, White Mocha, or Flavoured Latte (Vanilla Bean, Butter Pecan, Hazelnut, Maple, or Pumpkin Spice), watch out. You can cut some of the roughly 7 grams of saturated fat and 300 to 400 calories in a medium by getting any of these drinks with skim or soy milk. But you can't dodge the trans fat (1½ to 3 grams) in their syrups.

■ **Tea Latte.** Chai teas sound healthy, but by the time Second Cup adds steamed 2% milk to its sweetened tea mix (which is made with hydrogenated oil), you're looking at 360 calories and nearly half a day's bad fat (saturated plus trans) in a medium. A medium Green Tea Latte hits 470 calories and 12 grams of bad fat, almost as much as a McDonald's Quarter Pounder with Cheese. Even if you order your Tea Latte with skim milk, you're stuck with 2 or 3 grams of trans fat in either tea mix.



Donut with Your Donut? Tim Hortons hot Cappuccinos consist largely of water, sugar, non-dairy creamer (which is mostly hydrogenated oil plus sugar), and milk powder. This large (14 oz.) French Vanilla Cappuccino has the calories (310) and sat fat (9 grams) of one of Tim's Old Fashioned Glazed Donuts. And Tim offers no way to slim it down with skim milk.

■ **Hot Chocolate.** Between the saturated fat (7 or 8 grams) and the trans fat (2 or 3 grams), a medium Hot Chocolate (regular, Vanilla Bean, or White) can warm you up for future angioplasties. And the nearly 400 calories may be more than you bargained for.

■ **Hot Milk Steamer.** Vanilla bean syrup and steamed milk may sound innocent, but a medium Vanilla Bean Steamer packs 550 calories and 17 grams (almost a day's worth) of saturated fat. Blame it on the milk and on the hydrogenated canola and coconut oils in the syrup.



Quarter Pounder with Teas. At Second Cup, a medium (16 oz.) Green Tea Latte hits 470 calories and 12 grams of bad fat, almost as much as a McDonald's Quarter Pounder with Cheese. Even if you get it with skim milk, you can't get rid of the 3 grams of trans fat from the hydrogenated oil that's in the green tea mix.

■ **Smoothie.** You get some fruit purée in Second Cup's Creamy Fruit Smoothies (Strawberries & Cream, Peaches & Cream, and BananaBerry Cream). But you also get a gram each of saturated and trans fat (from the smoothies' non-dairy "cream" base) and enough sugar to reach 300 to 400 calories (for a small). You'd have to eat 7 cups of sliced strawberries or 10 peaches to swallow that many calories.

The Icy Fruit Smoothies (Tropical Fruit or Mixed Berry) keep the calories low enough (about 160) to snare an Honourable Mention.

■ **Chiller.** A Chillatte Chiller may be "a smooth and creamy blend with a light coffee taste," as Second Cup's Web site puts it. But there's nothing light about the 4 grams of trans fat (from the hydrogenated canola oil in the Chillatte mix) and the 3 grams of saturated fat in a small Chiller.

The three Tea Chillers (Chai, Green Tea, and Passion Fruit Green Tea) also pack trans fat (2 grams), thanks to the hydrogenated oil in the syrup that gives each flavour its name. And most small Chillers deliver 300-or-so calories.

In contrast, a Skinny Chocolate Chiller (made with skim milk) is virtually free of bad fat. But a small still dispatches roughly 400 calories to your adipose tissue. That's about as much as an ordinary Chocolate Chiller.

Tim Hortons

The largest Canadian coffee chain has some of the worst coffee drinks, and you can't make them better.

Unlike most coffee houses, which train *baristas* to brew their hot drinks from coffee or espresso and milk, Tim's hot flavoured Cappuccinos, Café Mocha, and Hot Smoothees are made from powders (largely sugar, hydrogenated oil, and, in all but the Mocha, powdered milk) that are mixed with hot water and dispensed from a machine. And the chain offers only cream or 2% milk (not skim) to add to your coffee.

(Warning: at Tim Hortons, 14 oz. is a *large* hot drink but a *medium* cold drink.)

■ **Cappuccino.** Tim's French Vanilla and English Toffee Cappuccinos are mostly sugar and non-dairy creamer (made with hydrogenated coconut oil), skim milk powder, and a mouthful of artificial flavours, gums, and other additives. What a way to waste roughly 300 calories and almost half a day's saturated fat (in a 14 oz. large).

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■ **Iced Cappuccino.** The Iced Cappuccino mix may consist largely of sugar and coffee extract, but at least you dodge the non-dairy creamer and its saturated fat. If you ask for 2% milk, a small (10 oz.) has only 150 calories and just one gram of sat fat—low enough for an Honourable Mention.

Stay silent and your Iced Cap will come with 18% cream. And that's 100% bad. Think of a medium (14 oz.) as drinking a half pound of pork ribs.

■ **Hot Smoothie.** The “vanilla base” is a mix of sugar, hydrogenated coconut oil, skim milk powder, and additives. Then you choose a flavour—Butter Caramel, French Vanilla, Hazelnut, or Raspberry—each of which is made of propylene glycol, glycerine, and a mix of food dyes. It's like filling your large (14 oz.) cup with 8 strips of bacon.

■ **Hot Chocolate & Café Mocha.** Unlike Tim's Cappuccinos and Hot Smoothies, his Hot Chocolate is made with sugar and hydrogenated canola—not coconut—oil. That means less saturated fat (just 2 grams) in every large (14 oz.), but more trans fat (2½ grams), thank you very much.

A Café Mocha replaces some of the Hot Chocolate with coffee and comes crowned with “whipped topping” that's made of sugar, hydrogenated palm kernel oil, and additives (think Cool Whip). But the result—6 grams of sat fat and 1½ grams of trans fat—isn't exactly a gift to your arteries.

Have it Your Way

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

1. Go skim. An unflavoured skim or soy cappuccino or latte is almost always a Best Bite or Honourable Mention. Ordering a 16 oz. version with skim 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). Soy has about 20 more calories than skim in a 16 oz. drink.

2. Skip the whip. At Starbucks, for example, whipped cream adds some 120 calories and 7 grams of bad fat.

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 a day.

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. **Honourable 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 † 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.

Starbucks (16 oz. grande unless noted)

Coffee & Espresso

	Calories	Saturated + Trans Fat (grams)	Sugar † (grams)	Caffeine (milligrams)
✓✓ Coffee	10	0	0	260
✓✓ Decaf	10	0	0	20
✓✓ Espresso (2 shots, 2 oz. doppio)	10	0	0	130
✓✓ Caffè Americano	20	0	0	130

Latte

✓✓ Iced Caffè Latte, soy (12 oz. tall)*	80	0	4	65
✓✓ Iced Caffè Latte, skim*	100	0	11	130
✓ Iced Caffè Latte, soy*	110	0	6	130
✓ Caffè Latte, skim*	160	0	20	130
✓ Iced Vanilla Latte (or other flavour), skim or soy*†	170	0	27	130
✓ Vanilla Latte (or other flavour), skim (12 oz. tall)*	170	0	28	65
✓ Caffè Latte, soy*	180	1	10	130
Iced Vanilla Latte (or other flavour), whole*	210	4	28	130
Iced Caffè Latte, whole*	160	5	11	130
✗ Vanilla Latte (or other flavour), whole*	320	7	36	130
✗ Caffè Latte, whole*	260	9	19	130

Cappuccino

✓✓ Cappuccino, soy (12 oz. tall)*	80	0	5	65
✓✓ Cappuccino, skim*	100	0	11	130
✓ Cappuccino, soy*	110	0	6	130
Cappuccino, whole*	150	5	11	130

Mocha (with whipped cream unless noted)

✓ Caffè Mocha, skim, no whipped cream (12 oz. tall)*	170	0	25	85
✓ Iced Caffè Mocha, skim, no whipped cream*	180	0	26	155
✓ Caffè Mocha, soy, no whipped cream (12 oz. tall)*	180	1	19	85
✓ Iced Caffè Mocha, soy, no whipped cream*	190	1	21	155
✗ Caffè Mocha, whole*	400	14	33	155
✗ White Chocolate Mocha, whole*	510	17	55	130

Macchiato

✓✓ Espresso Macchiato—any milk (2 oz. doppio)	20	0	0	130
✓ Caramel Macchiato, skim (12 oz. tall)*	170	0	27	65
✓ Iced Caramel Macchiato, soy (12 oz. tall)*	150	1	18	65

Calories
Saturated +
Trans Fat (grams)
Sugar¹ (grams)
Caffeine
(milligrams)

✓ Iced Caramel Macchiato, skim*	200	1	32	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 (12 oz. tall)	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 Chai Tea Latte, skim (12 oz. tall)	170	0	33	35
✓ Hot Chai Tea Latte, skim (12 oz. tall)*	170	0	34	35
✓ Green Tea Latte, skim or soy*	190	0	34	110
Chai Tea Latte, whole*	290	5	46	45

Other Hot Drinks (with whipped cream unless noted)

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

Second Cup

Hot Coffee & Espresso (16 oz. medium unless noted)

✓✓ Americano	0	0	0	150
✓✓ Espresso (3 oz. double)	0	0	0	150
✓✓ Coffee	10	0	0	300
✓✓ Decaf Coffee	10	0	0	0
✓✓ Espresso Macchiato, 2% milk (3 oz. double)	20	0	1	150
Espresso Con Panna (3 oz. double)	70	4	0	150

Cappuccino, Hot Latte, & Hot Mocha (16 oz. medium)

✓ Cappuccino, skim**	110	0	16	150
✓ Caffè Latte, skim**	130	0	19	150
Cappuccino, 2% milk*	150	4	14	150
Caffè Latte, 2% milk*	190	5	17	150
✗ Caramel Corretto, 2% milk*	370	8 ^T	49	150
✗ Moccaccino or White Mocha, 2% milk* ¹	350	9 ^T	41	150
✗ Flavoured Lattes, 2% milk* ¹	390	10 ^T	49	150

Iced Latte & Iced Mocha (16 oz. small)

✓✓ Iced Caffè Latte, skim**	100	0	14	150
Iced Caffè Latte, 2% milk*	140	4	13	150
✗ Iced Vanilla Bean Latte, 2% milk*	220	6 ^T	25	150
✗ Iced Caramel Corretto, Moccaccino, or White Mocha, 2% milk* ¹	230	6 ^T	30	150

Tea (16 oz. medium unless noted)

✓✓ Iced Tea (16 oz. small) or Tea	0	0	0	90
✗ Iced Chai Latte, 2% milk (16 oz. small)*	330	7 ^T	38	45
✗ Chai Latte, 2% milk*	360	8 ^T	41	45
✗ Green Tea Latte, 2% milk*	470	12 ^T	57	125

Other Hot Drinks (16 oz. medium)

✗ Milk Steamer, 2% milk*	300	6	36	0
✗ Hot Chocolate, 2% milk* ¹	380	10 ^T	47	N/A
✗ Vanilla Bean Steamer, 2% milk*	550	17	60	0

Smoothie & Chiller (16 oz. small)

✓ Icy Fruit Smoothie ¹	160	0	41	0
Skinny Chocolate Chiller, skim*	390	1	74	N/A
Creamy Fruit Smoothie ¹	330	2	74	0
Chocolate Chiller, 2% milk*	410	3	73	N/A
Icepreso Chiller, 2% milk*	280	4	43	150
✗ Chillatte Chiller*	290	7 ^T	46	150
✗ Tea Chiller, 2% milk* ¹	310	7 ^T	39	70

Tim Hortons (all milk is 2%; all cream is 18%)

Hot Coffee & Tea (14 oz. large unless noted)

✓✓ Coffee, double milk, double sugar (8 oz. small)	70	1	14	80
✓✓ Coffee, single milk, single sugar	80	1	14	140
✓✓ Decaf Coffee, single milk, single sugar	80	1	14	10
✓✓ Tea, single milk, single sugar	80	1	14	85
✓ Coffee, double milk, double sugar	150	1	28	140
Coffee, single cream, single sugar	120	4	13	140
✗ Coffee, double cream, double sugar	230	8	27	140

Other Hot Drinks (14 oz. large)

Hot Chocolate*	280	5 ^T	52	20
✗ Café Mocha, with whipped topping	240	8 ^T	35	90
✗ Cappuccino, English Toffee* or French Vanilla ¹	310	9	40	80
✗ Hot Smoothee ¹	330	9	36	0

Iced Cappuccino (14 oz. medium unless noted)

✓ Iced Cappuccino, milk (10 oz. small)	150	1	32	85
Iced Cappuccino, milk	220	1	46	120
✗ Iced Cappuccino, cream	360	10	47	120

✓✓ Best Bite. ✓ Honourable Mention. ✗ Worst Bite. N/A Number not available. ¹Includes added sugar plus any naturally occurring milk sugar. ²Contains at least 200 mg of calcium. ³Average of all varieties or flavours. ⁴The Double Chocolate Chip flavour has 25 mg of caffeine. ⁵Numbers are CSPI estimates. ⁶Includes 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, Second Cup, Tim Hortons.

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