

Cream of the Crop

Best Bite (✓✓) creamers have no more than 20 calories and 0.5 grams of saturated fat per tablespoon and no added sugars, acesulfame potassium, or sucralose. **Honorable Mentions (✓)** can have up to 2 grams (0.5 teaspoons) of added sugars.

Best Bite (✓✓) coffees have no more than 1.5 grams of saturated fat per serving and no added sugars, acesulfame potassium, or sucralose. **Honorable Mentions (✓)** can have up to 5 grams (1 teaspoon) of added sugars. Products are ranked from least to most calories, then saturated fat, then added sugars.

CREAMERS

Dairy Liquid Creamers (1 Tbs.)

	Calories	Sat Fat (g)	Added Sugars (tsp.)*
✓✓ Fat-free or 1% milk ¹	5	0	0
✓✓ 2% milk	10	0	0
✓ DairyPure Fat Free Half & Half	10	0	0
✓ Land O Lakes Fat-Free Half and Half	10	0	0
✓✓ Whole milk	10	0.5	0
✓✓ Land O Lakes Lowfat Half and Half	15	0.5	0
Picnik	15	1	0
Half and half	20	1	0
Coffee-mate Natural Bliss Made with Real Honey ¹	25	1	0.5
Coffee-mate Natural Bliss ¹	30	1	1
DairyPure Light Cream	30	2	0
Coffee-mate Artisan Café ¹	50	2	1
Heavy cream	50	3.5	0

Plant-Milk Liquid Creamers (1 Tbs.)

	Calories	Sat Fat (g)	Added Sugars (tsp.)*
✓ Trader Joe's Original Coconut	5	0	0
✓✓ Califia Almondmilk Unsweetened	10	0	0
✓✓ Nut Pods ¹	10	0	0
✓✓ Califia Better Half—except Original ¹	10	0.5	0
✓ Califia Better Half Original	10	0.5	0
✓ So Delicious Coconutmilk Barista Style Original	10	0.5	0
✓ So Delicious Coconutmilk Original	10	0.5	0
✓ Trader Joe's Soy	15	0	0
✓ Califia Almondmilk—except Unsweetened ¹	15	0	0.5
✓ Ripple Half & Half Original	20	0	0
✓ Silk Soy Original	20	0.5	0
Silk Almond ¹	25	0	1
Silk Soy Vanilla	30	0.5	0.5
Coffee-mate Natural Bliss Almond Milk ¹	30	0.5	1

Sugar & Oil Liquid Creamers (1 Tbs.)

	Calories	Sat Fat (g)	Added Sugars (tsp.)*
Coffee-mate Sugar Free flavored ¹	15	0	0 ^s
✓ Coffee-mate The Original	20	0	0
International Delight Sugar Free flavored ¹	20	1	0 ^s
Coffee-mate flavored—except Crème Brûlée or Italian Sweet Crème ¹	35	0	1
Coffee-mate flavored—Crème Brûlée or Italian Sweet Crème ¹	35	0	1 ^s
International Delight—except Sweet Cream ¹	35	0.5	1
International Delight Sweet Cream	35	0.5	1 ^s

Powdered Creamers (1 Tbs., unless noted)

	Calories	Sat Fat (g)	Added Sugars (tsp.)*
Coffee-mate Fat Free The Original	25	0.8	0
Coffee-mate The Original	30	1.5	0
Coffee-mate Hazelnut (4 tsp.)	60	2.5	1.5

COFFEES

Cold Brew Concentrate—Multi-Serve (8 oz. prepared, unless noted)

	Calories	Sat Fat (g)	Added Sugars (tsp.)*	Caffeine (mg)
✓✓ Califia 2.5x Signature Blend	10	0	0	NA
✓✓ Chameleon (12 oz. prepared) ¹	10	0	0	205
✓✓ Grady's New Orleans-Style	10	0	0	75
✓✓ Califia	15	0	0	180

Cold Brew Coffee—Multi-Serve (8 oz.)

	Calories	Sat Fat (g)	Added Sugars (tsp.)*	Caffeine (mg)
✓✓ Starbucks Cold Brew or Iced Coffee—Unsweetened ¹	10	0	0	NA
✓✓ STōK Black Un-Sweet	10	0	0	95
✓✓ Califia Pure Black Unsweetened	15	0	0	100 ⁺
✓ Califia Pure Black Lightly Sweetened	30	0	1	100 ⁺
STōK Black Not Too Sweet	45	0	2	95

Cold Brew Coffee—Single-Serve (1 can, bottle, etc.)

	Calories	Sat Fat (g)	Added Sugars (tsp.)*	Caffeine (mg)
✓✓ La Colombe Pure Black (9 oz.)	5	0	0	180
✓✓ Peet's Baridi Black (10.5 oz.)	5	0	0	250
✓✓ Stumptown (10.4 oz.) ¹	5	0	0	320
✓✓ Chameleon Ready to Enjoy—Black or Espresso (10 oz.) ¹	10	0	0	230
✓✓ Starbucks Black Unsweetened (11 oz.)	15	0	0	210
✓✓ STōK Black Un-Sweet (13.7 oz.)	15	0	0	145
✓✓ Califia—except Black Mocha (10.5 oz.) ¹	20	0	0	NA
✓ High Brew Black & Bold (8 oz.)	20	0	0	140 ^R
Califia Black Mocha (10.5 oz.)	50	0	2	NA
Starbucks Black Sweetened (11 oz.)	50	0	2.5	215
STōK Black Not Too Sweet (13.7 oz.)	80	0	4	145

Coffee with Milk, etc.—Multi-Serve (8 oz.)

	Calories	Sat Fat (g)	Added Sugars (tsp.)*	Caffeine (mg)
✓✓ Califia Cold Brew Black & White	45	1.5	0	90
Starbucks Skinny Vanilla Latte	70	0	0 ^s	NA
Califia Cold Brew XX Espresso	80	0	2.5	90
✓ Chameleon Organic Cold-Brew Original	100	1.5	0.5	100
Starbucks Vanilla Latte	130	1.5	3	NA

Coffee with Milk, etc.—Single-Serve (1 can, bottle, etc.)

	Calories	Sat Fat (g)	Added Sugars (tsp.)*	Caffeine (mg)
✓ High Brew Cold-Brew Double Espresso (8 oz.)	50	0	1	140 ^R
✓ La Colombe Pure Black & White (9 oz.)	60	1	1	180
Califia Cold Brew Triple Shot (10.5 oz.)	100	1.5	2.5	170
✓ High Brew Cold-Brew + Protein (8 oz.)	120	1	0.5	140 ^R
La Colombe Draft Latte (9 oz.)	120	2.5	0	120
La Colombe Draft Latte Triple (9 oz.)	120	2.5	1	175
Stumptown Original Cold Brew (10 oz.)	130	3.5	3.5	225
Starbucks Cold Brew Cocoa & Honey (11 oz.)	150	2.5	3.5	185
Starbucks Doubleshot Smoothie (10 oz.) ¹	170	0	5	105
Bulletproof Cold Brew (11.1 oz.) ¹	190	11	0	200
McCafé Vanilla Frappé (13.7 oz.)	260	3.5	8.5	95
Dunkin' Donuts Mocha Iced (13.7 oz.)	280	5	7.5	185
Starbucks Vanilla Frappuccino (13.7 oz.)	290	3	7.5	NA
Picnik Butter Coffee Dirty Chai (10 oz.)	300	13	5	140
Picnik Butter Coffee Mocha Latte (10 oz.)	310	13	5	150

✓✓ Best Bite. ✓ Honorable Mention. * Some added sugar numbers are estimates. ¹ Average of the entire line or of the varieties listed. ^s Contains acesulfame potassium and/or sucralose. NA Not available. ⁺ Contains more than 100 mg of caffeine. ^R Ranges from 130 mg to 150 mg of caffeine.

Daily Limits (for a 2,000-calorie diet): **Saturated Fat:** 20 grams.

Added Sugars: 50 grams (12 tsp.).

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