

Rethink Your Starbucks Drink!

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Who doesn't love enjoying a drink from Starbucks? The service is fast and the drinks are delicious, yet have you ever wondered what ingredients are going into your favorite beverage? You may be surprised to hear that many drinks on the Starbucks menu are loaded with added sugar and unhealthy fats – some contain as much as 600 calories and over 50 grams of sugar (almost 13 teaspoons)! Don't fret; there are ways to make your favorite drink healthier with some simple tips:

- ✓ Ask for your favorite blended beverage to be “light” – this will result in a drink made with sugar-free syrup, nonfat milk, and no whipped cream
- ✓ Use a smaller cup with the same amount of caffeine – this decreases the amount of sweetener and milk yet still gives you the same amount of desired energy!
- ✓ Ask for fewer pumps of syrup (example: 1-2 pumps instead of the usual 5-6 in most drinks) or try sugar-free
- ✓ Try a natural sweetener called Stevia – it contains zero calories and won't impact your blood sugar!
- ✓ Choose non-fat milk or dairy alternatives like almond milk to reduce added fat and calories
- ✓ Skip the added toppings including whipped cream and syrup and try spices like cinnamon and nutmeg to add extra flavor!
- ✓ Try unsweetened tea for a boost of caffeine and antioxidants – add your own sweetener if desired!

Give These a Try!

Toasted Coconut Cold Brew	Cold brew sweetened with toasted coconut and honey, then finished with coconut milk
Unsweetened Iced Coffee + Add Stevia	Freshly brewed coffee with a sweet taste
Brewed coffee with steamed nonfat milk foam	Creamy and delicious, minus the added sugar!
“Light” Frappuccino with fewer syrup pumps	Uses nonfat milk, no whip cream, and reduces added sugar amount

If you're curious regarding the nutritional composition of your drink, check out the nutrition page on [Starbucks.com](https://www.starbucks.com).

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Sources:

Starbucks.com