

Coffee House 101

Brought to you by Froedtert and Community Memorial Hospital Dietitians

The coffee, espresso, and tea that Europeans sip in their cafés haven't changed much over the years. But stop at a coffee house in the U.S., 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.

Here's how to ease the load of 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. Ordering a 16 oz drink with nonfat milk saves all the saturated fat plus 50-100 calories (if the chain usually uses whole milk) or 40-60 calories (if the chain starts with 2% milk). A 16 oz. drink with soy has about 50 more calories than the same drink with nonfat milk.
2. **Skip the whip.** Whipped cream adds 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 pack) or Splenda (0 calories).
4. **Drink your calcium.** Many milk based drinks contain 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 one national chain, you get 130 milligrams of caffeine in every 8 oz. of coffee and 65 mg in every 1 oz. shot of espresso. Most coffee houses are probably in the same ballpark. Pregnant women should minimize caffeine. And too much can make anyone jittery or unable to sleep.

Tip adapted from Nutrition Action Healthletter