

Good Cup Bad Cup

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.

Like their fast food cousins, coffee sellers put nutrition numbers on their Web sites, but not their menu boards. If they did, here's what you'd see.

Latte. A grande (16 oz) nonfat Caffè Latte (2 shots of espresso with steamed milk) is a bargain when it comes to calories (160), saturated fat (0 grams), and calcium (some 450 milligrams). But you'll add:

- 70 calories for flavored syrups (unless you get no-cal, sugar free Hazelnut or Vanilla),
- 100 calories for whole milk instead of nonfat, or
- 50 calories for 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 sat fat. Oops.

Bonus: get any grande nonfat 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 150 calories, but who needs 5 grams of saturated fat in their coffee? Stick with nonfat milk and you've got a 100-calorie best bite with around 250 mg of calcium- 20% 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 nonfat, 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 nonfat, no- whip Caffè Mocha, with no sat fat and just 220 calories. A tall (12 oz.) brings the calories (170) into honorable mention range.

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 story, at 310 calories and 7 grams of sat fat. The nonfat version knocks off 90 calories and nearly all the sat fat.

Frappuccino. The original Frappuccino Blended Coffee has only 260 calories and 2 grams of saturated fat in a grande. Not too shabby. Shabby are all the other flavors (mocha, caramel, banana coconut, caffè vanilla, and java chip), which deliver 420 to 550 calories and about 10 grams of saturated fat. (The Java Chip packs 15 grams—as much as two pork chops.) Frappuccino Blended Cremès are in the same ballpark. Order a grande Double Chocolate Chip, for example, and you've just shelled out close to \$4 for 580 calories and two-thirds of a day's sat fat (13 grams). If you skipped the whipped cream, you can dodge 130 calories and nearly all the sat fat in almost any grande Frappuccino. But you're still stuck with about 300-400 calories. Solution: Frappuccino Lights slash the calories to 150 to 230.

Tea and Chai. The whole milk and honey in a grande Chai Tea Latte supply 290 calories and 5 grams of saturated fat. Milk-free iced teas have just 80 calories and no saturated fat. Best bet, order any Tea Latte with nonfat or soy milk.

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. Get a tall, no- whip, nonfat Hot Chocolate and you're down to 210 calories and no sat fat.

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 sat 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.

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