



# Slim Picks at Starbucks

## What to Order if You're Losing Weight

If you're serious about weight loss, you can't drop by Starbucks every morning before work for a Frappuccino. The caffeine may get you going, but the calories involved will plain get you depressed! It's hard to stick to a 1700 calorie day when you drink 400 calories before breakfast. So what can you order at a coffee shop that won't send your calorie count into the stratosphere?

### **Good choices 150 calories or under:**

- Nonfat Caffe Latte, 100 calories
- Caramel Frappuccino Light Blended Coffee, 130 calories
- Nonfat Caramel Macchiato, 140 calories
- Nonfat Tazo Green Tea Latte, 150 calories
- Nonfat Vanilla Crème (no whip), 150 calories

### **Even better choices are:**

- Brewed Tazo Tea, 0 calories
- Shaken Tazo Iced Passion Tea (unsweetened), 0 calories
- Brewed Coffee, 5 calories
- Caffe Americano, 10 calories

When you think Starbucks, think "treat." Going to Starbucks should not be a regular habit. You can enjoy a drink with a friend once or maybe twice a month with minimal damage to your health. But if you go once or twice a week, your growing waistline will show your affection for Starbucks, unless you're always drinking tea or black coffee.

Next time you're at Starbucks, pick up a "Nutrition by the Cup" guide so you can order smart. The brochure has great tips for substitutions and other customizable choices to make a weight loss friendly drink. Keep your drinks skinny and you'll be able to enjoy occasional coffee dates and still lose weight.

**Today's Action Step:** What are you going to order the next time you're at Starbucks?

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