

Reducing Your Calories in Coffee House Beverages



- **Choose skim milk instead of 2%.**
You'll save 20-70 calories depending on size and type of beverage.
20-70 extra calories a day translates to a weight gain of 2-7 lbs a year.
- **Choose a smaller beverage size.**
You'll save 30 to 140 calories depending on the type of beverage.
30-140 extra calories a day translates to a weight gain of 3-15 lbs a year.
- **Choose sugar free syrups or ask for fewer pumps of syrup for your beverage.** 1 pump of regular syrup is 20 calories; 1 pump of mocha syrup is 25 calories.
20-25 extra calories a day translates to a weight of gain of 2-2½ lbs a year.
- **Skip the whipped cream. You'll save:**
70 calories on grande/venti hot beverages
110 calories on grande/venti cold beverages
70-110 extra calories a day translates to a weight gain of 7-11½ lbs a year.
- **Skip the drizzle.**
Chocolate drizzle adds 5 calories; caramel drizzle adds 15 calories
5-15 extra calories a day translates to a weight gain of ½-1½ lbs a year.