

Coffee and Calories

A cup of plain coffee contains zero fat and only a couple of calories. It's what you put in your coffee that adds fat, sugar and calories.

	Calories	Fat (grams)
1 Tbsp whipping cream	50-70	5-7
1 Tbsp sugar	48	0
1 Tbsp non-dairy creamer (liquid)	10-20	0-2
1 Tbsp non-dairy creamer (powder)	30-90	0-2
1 Tbsp half-and-half	20	0
1 Tbsp fat-free milk	5	0
1 Tbsp artificial sweetener	0	0

Be careful when you pick up coffee from a local coffee bar. To save on calories, choose those made with non-fat milk and sugar free syrup. When it comes to weight loss, remember that all calories count — even calories in liquid form.

How much calories and sugar are you drinking?

Coffee Beverage	Calories	Amount of Sugar
Starbucks:		
16 oz coffee or espresso	5	0 teaspoons
16 oz ice brewed coffee	90	5 teaspoons
16 oz Latte (vanilla)	250	8½ teaspoons
16 oz Latte (plain)	190	4 teaspoons
16 oz Skinny Latte (vanilla)	130	4 teaspoons
16 oz Mocha (white choc.)	470	15 teaspoons
16 oz Mocha (plain)	330	8 teaspoons
16 oz cappuccino	120	2½ teaspoons
Starbucks:		
16 oz frappuccino (vanilla)	430	15 teaspoons
16 oz frappuccino (plain)	240	10 teaspoons
16 oz light frappuccino (vanilla)	190	7 teaspoons
16 oz light frappuccino (plain)	130	4 teaspoons
Starbucks:		
16 oz iced coffee	15	0 teaspoons
16 oz iced Latte	130	3 teaspoons
16 oz iced Skinny Latte	80	3 teaspoons
16 oz Iced Mocha	320	7 teaspoons
16 oz double shot on ice	90-100	4 teaspoons

How much calories and sugar are you drinking?

Coffee Beverage	Calories	Amount of Sugar
McDonalds Cappuccino (full-fat)		
14 oz flavored	290	12½ teaspoons
14 oz plain	180	3 teaspoons
14 oz sugar free	150	5½ teaspoons
McDonalds Cappuccino (non-fat)		
13 oz flavored	230	12½ teaspoons
13 oz plain	90	3 teaspoons
13 oz sugar free	80	5½ teaspoons
McDonalds Latte (full-fat)		
16 oz flavored	330	13 teaspoons
16 oz plain	210	4 teaspoons
16 oz sugar free	180	6 teaspoons
McDonalds Latte (non-fat)		
16 oz flavored	260	13½ teaspoons
16 oz plain	120	4½ teaspoons
16 oz sugar free	110	6½ teaspoons
McDonalds Mocha		
16 oz full-fat	400	14½ teaspoons
15 oz non-fat	330	14½ teaspoons
12 oz iced (full-fat)	310	10½ teaspoons
12 oz iced (non-fat)	270	11 teaspoons
McDonalds Iced Latte (full-fat)		
12 oz flavored	230	10 teaspoons
12 oz plain	140	2½ teaspoons
10 oz sugar free	90	3½ teaspoons
McDonalds Iced Latte (non-fat)		
11 oz flavored	190	10 teaspoons
11 oz plain	70	3 teaspoons
10 oz sugar free	50	3½ teaspoons
McDonalds Iced Coffee		
11 oz plain	200	7½ teaspoons
11 oz flavored	190	7½ teaspoons
11 oz sugar free	90	3 teaspoons
McDonalds Hot Chocolate		
16 oz full-fat	460	15½ teaspoons
13 oz non-fat	310	13½ teaspoons

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