



What's the Scoop with Flavored Cappuccino Drinks?

An 8-ounce cup of most of these plain or flavored cappuccino drinks made from a mix contains 140 to 150 calories, 4 to 6 grams of fat, and 12 to 18 grams of sugar (3 to 4.5 teaspoons). Compared to a traditional cappuccino made with skim or reduced-fat milk, these drinks from mixes contain an extra 50 to 75 calories, 2 to 5 grams of fat and 1 to 2 teaspoons of sugar. And the bigger portion sizes of convenience store cappuccinos means bigger trouble. In fact, the 16- and 20-ounce cups have almost as many calories as a light meal – without all the nutrients. Because the mixes contain nondairy creamer with hydrogenated oils, the convenience cappuccinos are higher in unhealthy saturated and trans fats. Enjoying one of these drinks for an occasional treat is fine. Just don't tell yourself it's simply a cup of coffee.

For more information on staying lean, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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