

## GET YOUR STARBUCKS FIX! ...with caution

When ordering at Starbucks you want to be careful, most drinks are full off sugary sauces, sugary powders and pre-sweetened. Keep it simple while ordering at Starbucks. Here are some safe ordering options:

- Drip Coffee (hot coffee)
- Iced Coffee (ask for no sweetener)
- Cold Brew (another form of iced coffee)
- Americano (shots of espresso with water)
- Hot Tea's that are in tea bag form



There are a number of ways to make these beverages taste creamier and sweeter if you desire. Here are some safe recommendations:

- Drink these coffees or teas black
- Add stevia, we still prefer liquid flavored stevia because it tastes the best.
- Add a splash of heavy cream to any of these beverages, you may ask for it steamed for your hot beverage
- Add a few pumps of "sugar-free" syrup
- Sprinkle some cinnamon on top if that's your thing

Watch out for any drink that is NOT listed above. Here are a few drinks I will point out:

- Iced Tea- These teas always come pre-sweetened. Be sure to ask for NO sugar if ordering iced tea. You can then add your own stevia or order with sugar free syrups.
- Coffee or Tea Lattes- (iced or hot) 45 plus grams of carbohydrates! OUCH
- Matcha Green Tea- This is a green powder they add to water or milk. This powder is full of sugar, stay far away.

Starbucks carries a lot of different milk options but **NONE** of the options are sugar free. These milk options will **NEVER** be a good idea. See the high carb/sugar counts below:

- Grande almond milk- 9g carbs
- Grande coconut milk- 18g carbs
- Grande whole milk or non-fat milk- 25-26g carbs
- Grande soy milk- 32g carbs

Central Market & Whole Foods have a coffee bar inside. They normally carry **unsweetened** almond milk and **unsweetened** coconut milk. These **unsweetened** milks are the best option if you would like a latte. They also have sugar free Macha Green Tea powder.

**\*\*Always ask questions before assuming a coffee bar will carry sugar free products.**