

Coffee

“Cream and sugar?” That used to be the only question a coffee drinker had to answer. But with coffee emporiums like Starbucks taking over, the questions are endless.

There's size (short, tall, grande, or venti), there's milk (skim, whole, or half-and-half), there's temperature (hot or iced), and there's the drink (Cappuccino, Caffè Latte, Caffè Mocha, Caramel Macchiato, and more). As if that weren't enough, you can add syrups, whipped cream, and extra espresso to almost anything.

Here's how to navigate a Starbucks (or just about any other coffee-house) menu:

Stick with skim. That keeps the calories down around 100 (Cappuccino) or 150 (Caffè Latte) for a 16-ounce grande. Whole milk puts those drinks in the 200-to-300-calorie range, and it gobbles up a quarter of a day's sat fat (Cappuccino) to half a day's worth (latte). A venti? Add about 50 calories. With half-and-half? Don't ask.

Starbucks

(grande – 16 oz. – unless otherwise noted)

	Calories	Fat (g)	Saturated Fat (g)	Sugar (g)
Cappuccino with skim milk	110	0	0	13
Caffè Latte with skim milk	160	1	1	21
Caramel Macchiato with skim milk	190	1	1	32
Caffè Mocha with skim milk	240	3	1	36
Coffee Frappuccino, venti (24 oz.)	300	4	2	62
Cappuccino with whole milk	180	9	6	13
Caramel Macchiato with whole milk	250	9	6	32
Caffè Latte with whole milk	270	14	9	20
Caffè Mocha with whole milk & whipped cream	420	23	13	36

¹ May include milk sugar

If your coffee comes from The Second Cup, relax. All drinks are made using 1% milk, unless you're foolish enough to ask for whole milk.

Watch the whipped. The luscious whipped cream that automatically comes on your Caffè Mocha and some other drinks adds about 100 calories and a quarter of a day's sat fat. At the Second Cup, whipped cream means an extra 160 calories and half a day's sat fat. That brings a Moccachino or Crème Brûlée Ristretto to the 550-to-750-calorie range.

Skip the syrup. At least the Latte's calories come from milk. The Mocha's come from both milk and syrup. Frappuccinos also have added sugar...enough to give the venti Coffee Frappuccino 300 calories.

The bottom line: If you're not careful, your simple cup of coffee can turn into a 500-calorie milk shake. Would you like a 500-calorie scone with that?

Second Cup

(large – 16 oz. – made using 1% milk)

	Calories	Fat (g)	Saturated Fat (g)	Sugar (g)
Cappuccino	120	3	-	-
Latte	130	3	-	-
Mocca Mandarin	310	7	-	-
Caramel Corretto	440	9	-	-
Moccachino	400	14	-	-
Crème Brûlée Ristretto with whipped cream	750	18	-	-
Moccachino with whipped cream	560	29	-	-

- Number not available.

Fries

French fries may have been born in France, but they grew up in North America. That's where they became the universal side dish (at McDonald's and every other burger joint). That's also where they grew (like Canadians and Americans) to fill ever-bigger buckets.

The servings at food-court vendors like New York Fries make McDonald's Super Size Fries – at 680 calories – look petite.

A Regular NY Fries has 860 calories.

Granted, McDonald's cooks its fries in a mixture of hydrogenated oil and beef fat, so a Super Size contains three-quarters of a day's sat fat.

New York Fries uses canola oil, so its fries pose no danger to your heart. Still, 860 calories is a steep price to pay for a snack.

And some Canadians (hopefully in groups of four) order a Jumbo, which delivers 1,000+ calories and nearly a day's worth of fat to body parts that need it least.

Our advice: Split a Mini Fries (430 calories) if you're snacking with one other person. If there are three of you, split a Small (600 calories). That's plenty to spend on potatoes and oil.

New York Fries

(weight of each item)

	Calories	Fat (g)	Sodium
Mini Fries (140 g)	430	24	150
Small Fries (200 g)	600	34	210
Regular Fries (280 g)	860	48	300
Jumbo Fries (340 g)	1,030	58	360

The information for this article – which was obtained from the restaurant chains and independent analyses – was compiled by Namita Davis and Wendy Waldbauer in Toronto and Heather Jones in Washington, with help from David Cooke in Vancouver. The use of information from this article is strictly prohibited without written permission from CSPI.