

Starbucks: Is there a drink for everyone?

<p>Caffè Latte: Rich, full-bodied espresso in steamed milk, lightly topped with foam Size: Grande Milk: Whole</p> <table border="1"> <thead> <tr> <th colspan="2">Nutrition Facts Per Serving (16 fl oz)</th> </tr> </thead> <tbody> <tr> <td>Calories 220</td> <td>Calories from Fat 100</td> </tr> <tr> <td></td> <td>% Daily Value*</td> </tr> <tr> <td>Total Fat 11g</td> <td>17%</td> </tr> <tr> <td>Saturated Fat 7g</td> <td>35%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 35mg</td> <td>12%</td> </tr> <tr> <td>Sodium 140mg</td> <td>6%</td> </tr> <tr> <td>Total Carbohydrate 18g</td> <td>6%</td> </tr> <tr> <td>Dietary Fiber 0g</td> <td>0%</td> </tr> <tr> <td>Sugars 16g</td> <td></td> </tr> <tr> <td>Protein 12g</td> <td></td> </tr> <tr> <td>Vitamin A</td> <td>8%</td> </tr> <tr> <td>Vitamin C</td> <td>0%</td> </tr> <tr> <td>Calcium</td> <td>40%</td> </tr> <tr> <td>Iron</td> <td>0%</td> </tr> <tr> <td>Caffeine 150mg</td> <td></td> </tr> </tbody> </table> <p><small>*Percent Daily Values are based on a 2,000 calorie diet.</small></p>	Nutrition Facts Per Serving (16 fl oz)		Calories 220	Calories from Fat 100		% Daily Value*	Total Fat 11g	17%	Saturated Fat 7g	35%	Trans Fat 0g		Cholesterol 35mg	12%	Sodium 140mg	6%	Total Carbohydrate 18g	6%	Dietary Fiber 0g	0%	Sugars 16g		Protein 12g		Vitamin A	8%	Vitamin C	0%	Calcium	40%	Iron	0%	Caffeine 150mg		<p>Flavored Latte: Espresso and steamed milk, flavored with syrup Size: Grande Milk: Whole</p> <table border="1"> <thead> <tr> <th colspan="2">Nutrition Facts Per Serving (16 fl oz)</th> </tr> </thead> <tbody> <tr> <td>Calories 290</td> <td>Calories from Fat 100</td> </tr> <tr> <td></td> <td>% Daily Value*</td> </tr> <tr> <td>Total Fat 11g</td> <td>17%</td> </tr> <tr> <td>Saturated Fat 6g</td> <td>30%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 35mg</td> <td>12%</td> </tr> <tr> <td>Sodium 140mg</td> <td>6%</td> </tr> <tr> <td>Total Carbohydrate 37g</td> <td>13%</td> </tr> <tr> <td>Dietary Fiber 0g</td> <td>0%</td> </tr> <tr> <td>Sugars 35g</td> <td></td> </tr> <tr> <td>Protein 11g</td> <td></td> </tr> <tr> <td>Vitamin A</td> <td>10%</td> </tr> <tr> <td>Vitamin C</td> <td>0%</td> </tr> <tr> <td>Calcium</td> <td>35%</td> </tr> <tr> <td>Iron</td> <td>0%</td> </tr> <tr> <td>Caffeine 150mg</td> <td></td> </tr> </tbody> </table> <p><small>*Percent Daily Values are based on a 2,000 calorie diet.</small></p>	Nutrition Facts Per Serving (16 fl oz)		Calories 290	Calories from Fat 100		% Daily Value*	Total Fat 11g	17%	Saturated Fat 6g	30%	Trans Fat 0g		Cholesterol 35mg	12%	Sodium 140mg	6%	Total Carbohydrate 37g	13%	Dietary Fiber 0g	0%	Sugars 35g		Protein 11g		Vitamin A	10%	Vitamin C	0%	Calcium	35%	Iron	0%	Caffeine 150mg		<p>Caffè Latte: Rich, full-bodied espresso in steamed milk, lightly topped with foam. Size: Grande (16oz.) Milk: Non-Fat</p> <table border="1"> <thead> <tr> <th colspan="2">Nutrition Facts Per Serving (16 fl oz)</th> </tr> </thead> <tbody> <tr> <td>Calories 130</td> <td>Calories from Fat 5</td> </tr> <tr> <td></td> <td>% Daily Value*</td> </tr> <tr> <td>Total Fat 0g</td> <td>0%</td> </tr> <tr> <td>Saturated Fat 0g</td> <td>0%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol <5mg</td> <td>2%</td> </tr> <tr> <td>Sodium 150mg</td> <td>7%</td> </tr> <tr> <td>Total Carbohydrate 19g</td> <td>7%</td> </tr> <tr> <td>Dietary Fiber 0g</td> <td>0%</td> </tr> <tr> <td>Sugars 18g</td> <td></td> </tr> <tr> <td>Protein 13g</td> <td></td> </tr> <tr> <td>Vitamin A</td> <td>15%</td> </tr> <tr> <td>Vitamin C</td> <td>0%</td> </tr> <tr> <td>Calcium</td> <td>45%</td> </tr> <tr> <td>Iron</td> <td>0%</td> </tr> <tr> <td>Caffeine 150mg</td> <td></td> </tr> </tbody> </table> <p><small>*Percent Daily Values are based on a 2,000 calorie diet.</small></p>	Nutrition Facts Per Serving (16 fl oz)		Calories 130	Calories from Fat 5		% Daily Value*	Total Fat 0g	0%	Saturated Fat 0g	0%	Trans Fat 0g		Cholesterol <5mg	2%	Sodium 150mg	7%	Total Carbohydrate 19g	7%	Dietary Fiber 0g	0%	Sugars 18g		Protein 13g		Vitamin A	15%	Vitamin C	0%	Calcium	45%	Iron	0%	Caffeine 150mg	
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Read over the three labels above and then answer the questions below.

1. What are the calories in each drink?

Caffè Latte: _____ Flavored Latte: _____ Caffè Latte/Nonfat: _____

2. Which drink has the lowest amount of calories? _____

3. Which drink has the lowest amount of total fat? _____

4. There are three types of fat listed on the latte labels. List the three types of fats.

- *
- *
- *

5. How many mg. of caffeine do the drinks have? _____

6. If someone was watching their weight, out of these three options, which one would you recommend? _____

Explain:

7. Persons with a heart disease should limit the amounts of fat, sodium and cholesterol they consume. Which drink would you recommend? _____

Explain:

8. Diabetics must watch their sugar intake. Sugar is a type of carbohydrate. Which drink would be the best choice for a diabetic?

9. Athletes often "carb-load" before a big game. Discuss this and explain what your group thinks it means. What benefits do athletes get from "carb-loading"?

Which drink would be the best choice for an athlete looking to "carb-load" before a big track meet? _____ Compare the drink labels to determine what ingredient provides the most carbohydrates?

What other foods are good for loading up on carbohydrates?

*

*

*

10. How much protein is in each drink?

Caffé Latte: _____ Flavored Latte: _____ Caffé Latte/Nonfat: _____

What ingredient provides the protein?