

20 DELICIOUS CHOICES UNDER 200 CALORIES

HOT BEVERAGES

- **BREWED COFFEE**
5 calories, 0 g fat
- **BREWED TAZO® TEA**
0 calories, 0 g fat
- **NONFAT TAZO® GREEN TEA LATTE**
130 calories, 0 g fat
- **NONFAT CAPPUCCINO**
80 calories, 0 g fat
- **NONFAT CAFFÈ LATTE**
120 calories, 0 g fat
- **NONFAT CARAMEL MACCHIATO**
170 calories, 1 g fat
- **SOY TAZO® CHAI TEA LATTE**
190 calories, 2.5 g fat
- **NONFAT CAFFÈ MOCHA – HOLD THE WHIP**
170 calories, 1.5 g fat
- **NONFAT SUGAR-FREE VANILLA LATTE**
120 calories, 0 g fat
- **STEAMED APPLE CIDER**
180 calories, 0 g fat
- **NONFAT VANILLA CRÈME**
180 calories, 0 g fat
- **CAFFÈ AMERICANO**
10 calories, 0 g fat

COLD BEVERAGES

- **COFFEE FRAPPUCCINO® LIGHT BLENDED COFFEE**
110 calories, 1 g fat
- **CARAMEL FRAPPUCCINO® LIGHT BLENDED COFFEE**
140 calories, 1.5 g fat
- **COFFEE FRAPPUCCINO® BLENDED COFFEE**
190 calories, 2.5 g fat
- **SHAKEN TAZO® ICED PASSION® TEA**
60 calories, 0 g fat
- **SHAKEN TAZO® ICED BLACK TEA LEMONADE**
90 calories, 0 g fat
- **NONFAT ICED VANILLA LATTE**
120 calories, 0 g fat
- **NONFAT ICED CARAMEL MACCHIATO**
140 calories, 1 g fat
- **NONFAT ICED TAZO® CHAI TEA LATTE**
170 calories, 0 g fat
- **ICED COFFEE (WITH CLASSIC SYRUP)**
60 calories, 0 g fat

*All suggestions based on a Tall serving (12 fl oz / 355 mL).
U.S. and Canadian soymilk vary slightly.*