

NUTRITION BY THE CUP

MAKE A DRINK THAT FITS

There are a lot of ways to customize your beverage, bringing more balance to some of your favorite drinks:

“HOLD THE WHIP”

This saves you anywhere from 80 to 130 calories and 8 to 12 grams of fat.*

REDUCED-FAT AND SKIM MILK

You can save up to 140 calories and 19 grams of fat.*

SUGAR-FREE SYRUP

Available in vanilla or hazelnut, sugar-free syrups add 0 calories and 0 grams of fat to your drink.

FEWER PUMPS OF SYRUP

Reduce syrup pumps to save 20 calories and 5 grams of sugar per pump.

CALORIE-FREE SWEETENERS

Have your barista add Splenda®, Equal® or Sweet’N Low® to sweeten your favorite beverage.

FRAPPUCCINO® LIGHT

Ask your barista to make your next Frappuccino® blended beverage with the Light Frappuccino® base – save up to 140 calories and 2.5 grams of fat.*

Other Customizable Choices:

- **SOYMILK**

Specially formulated from organic soy beans, Silk® Soymilk is vitamin and calcium enriched and naturally cholesterol- and lactose-free. This is an easy and enjoyable way to add soy protein to your daily diet.

- **ORGANIC MILK**

Our organic whole milk is antibiotic- and rBST-free and just like our regular milk it’s fortified with vitamin D.

**Depending on the type and size of the drink.*