

20 DELICIOUS CHOICES UNDER 200 CALORIES

HOT BEVERAGES (TALL)

- **BREWED COFFEE**
5 calories, 0 g fat
- **BREWED TAZO® TEA**
0 calories, 0 g fat
- **NONFAT TAZO® GREEN TEA LATTE**
150 calories, 0 g fat
- **NONFAT CAPPUCCINO**
60 calories, 0 g fat
- **NONFAT CAFFÈ LATTE**
100 calories, 0 g fat
- **NONFAT CARAMEL MACCHIATO**
140 calories, 1 g fat
- **SOY TAZO® CHAI TEA LATTE**
170 calories, 2 g fat
- **NONFAT CAFFÈ MOCHA – HOLD THE WHIP**
170 calories, 2 g fat
- **NONFAT SUGAR-FREE VANILLA LATTE**
90 calories, 0 g fat
- **STEAMED APPLE JUICE**
170 calories, 0 g fat
- **NONFAT VANILLA CRÈME – HOLD THE WHIP**
150 calories, 0 g fat
- **CAFFÈ AMERICANO**
10 calories, 0 g fat

COLD BEVERAGES (TALL)

- **CARAMEL FRAPPUCCINO® LIGHT BLENDED COFFEE**
130 calories, 1 g fat
- **COFFEE FRAPPUCCINO® BLENDED COFFEE**
180 calories, 2.5 g fat
- **SHAKEN TAZO® ICED PASSION® TEA (UNSWEETENED)**
0 calories, 0 g fat
- **SHAKEN TAZO® ICED BLACK TEA LEMONADE**
100 calories, 0 g fat
- **NONFAT ICED VANILLA LATTE**
120 calories, 0 g fat
- **NONFAT ICED CARAMEL MACCHIATO**
140 calories, 1 g fat
- **ICED COFFEE (WITH CLASSIC SYRUP)**
60 calories, 0 g fat
- **TANGERINE FRAPPUCCINO® JUICE BLEND**
140 calories, 0 g fat

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