

NUTRITION BY THE CUP

ORDER YOUR DRINK YOUR WAY

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

SAY "HOLD THE WHIP"

And save anywhere from 50 to 110 calories and 5 to 11 grams of fat.*

SAY "SKIM MILK"

And save up to 120 calories and 15 grams of fat compared to whole milk.*

SAY "FRAPPUCCINO® LIGHT BLENDED BEVERAGE"

And your barista will use the Light Frappuccino® base – saving you up to 190 calories and 4 grams of fat.*

SAY "SUGAR-FREE SYRUP"

And add vanilla, caramel, cinnamon dolce or hazelnut flavor for 0 calories and 0 grams of fat.

SAY "FEWER PUMPS OF SYRUP"

And save about 20 calories and 5 grams of sugar per pump eliminated.

SAY "SPLENDA®," "EQUAL®," OR "SWEET'N LOW®"

And your barista sweetens your favorite beverage with calorie-free sweeteners.

SAY "ICED"

And save calories and fat in your favorite drink (60 calories and 3 grams of fat in a Venti Caffè Latte, for example).

SAY "ADD PROTEIN & FIBER POWDER"

And add about 6 grams of protein and 1 gram of fiber per scoop.

Other Customizable Choices:

• **SOYMILK**

Specially formulated from organic soybeans, 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 is fortified with vitamin D.

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