

FIT FOR LIFE

Beverage	Volume (oz)	Calories
Instant coffee	1 rounded tsp dry powder	4
Instant coffee	8	4
Espresso Coffee	1	1
Brewed Coffee	8	2
Brewed Decaf Coffee	8	0
Brewed Coffee (w/2tbsp of cream)	9	106
Brewed Coffee (w/2tbsp of half & half)	9	42
Brewed Coffee (w/2tbsp of whole milk)	9	20
Brewed Coffee (w/2tbsp of 2% milk)	9	17
Brewed Coffee (w/2tbsp of skim milk)	9	12
Brewed Coffee (w/2tbsp plain powdered non-dairy creamer)	9	68
Brewed Coffee (w/2tbsp plain liquid non-dairy creamer)	9	42
Homemade Latte (6oz whole milk)	8	91
<i>(Adding Sugar to above)</i>	<i>1tsp</i>	<i>add 16</i>
McDonald's Cappuccino	16	130
McDonald's Latte	16	180
McDonald's Mocha	16	330
McDonald's Brewed Coffee (Large)	16	0
McDonald's Iced Coffee (Flavored)	17	270
McDonald's Iced Coffee (Regular)	17	280
Dunkin Donuts Latte	10	120
Dunkin Donuts Cappuccino	10	80

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Dunkin Donuts Mocha Swirl Latte	10	230
Dunkin Donuts Brewed Coffee	10	15
Dunkin Donuts Iced Coffee (no milk)	16	10
Dunkin Donuts Coffee Coolatta with cream	16	400
Dunkin Donuts Iced Mocha Raspberry Latte	16	230
Starbucks Brewed Coffee	16	5
Starbucks Caffè Americano	16	15
Starbucks Caffè Latte	16	220
Starbucks Caffè Mocha (no whip)	16	290
Starbucks Caffè Mocha (whip)	16	360
Starbucks Cappuccino	16	140
Starbucks Peppermint White Chocolate Mocha (whip)	16	560
Starbucks Caffè Vanilla Frappuccino Blended Coffee (whip)	16	430
Starbucks Hot Chocolate (no whip)	16	330
Starbucks Coffee Frappuccino	16	240
Starbucks Double Chocolatey Chip Frappuccino	16	500
Starbucks Caramel Frappuccino	16	390
Baskin Robins Cappuccino Blast	24	480
Dairy Queen Cappuccino MooLatté	16	500
Dairy Queen Caramel MooLatté	16	630
Arbys Jamocha Swirl Shake	16	610
Burger King Mocha Joe Iced Coffee	16	360

Sources:
 Diet-Blog
 Starbucks Nutrition
 Dunkin Donuts Nutrition
 Baskin Robbins Nutrition
 McDonalds Nutrition
 Dairy Queen Nutrition
 Burger King Nutrition
 Cold Stone Creamery Nutrition
 Arby's Nutrition
 FreeDieting.com