



**Useful nutrition tips from  
Natalie Greene, RD**

## Staying Slim at Starbucks

**Tall Non-fat Cappuccino**= 60 cal and 0 g fat

**Tall Non-fat Sugar-Free Vanilla Latte**= 90 cal and 0 g fat

**Tall Non-fat Caffe Latte**= 100 cal and 0 g fat

**Tall Non-fat Caramel Macchiato**= 140 cal and 1 g fat

**Tall Non-fat Green Tea Latte**= 150 cal and 0 g fat

**I love suggestions, so  
if you would like to  
submit a topic for a  
future tip, please  
email it to me.**

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