



Useful nutrition tips from
Natalie Greene, RD

How Many Calories Are in Your Morning Coffee?

A plain cup of coffee contains no fat and only a few calories. It's what you put into it that can make a difference in its fat and calorie content.

A Normal Serving:

Cream = 104 calories and 12 g fat

Sugar = 96 calories and 0 g fat

Flavored nondairy creamer = 70 cal & 3 g fat

Half and Half = 40 calories and 4 g fat

Whole milk = 18 calories and 1 g fat

Fat-free milk = 10 calories and 0 g fat

Note: Above values shown are an average of several brands.

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