

Low Calorie Starbucks Drinks Guide



Quick Note From Lauren

If you're anything like me, Starbucks (and coffee in general) isn't just a want... it's a non-negotiable part of your morning routine. But once you start paying closer attention to nutrition in hopes to lose body fat, it's pretty eye-opening how quickly those drinks can add up in calories at Starbucks.

Now here's the deal: I don't believe in skipping your favorite drinks. I want you to have the OG versions you love (yes, even the seasonal pumpkin spice ones). Because the truth is, they only come around once a year, and you shouldn't feel like you have to miss out. That said... why not order smarter?

That's why I've spent years studying the Starbucks menu for me and my clients, so I can give you smarter swaps to help you enjoy your coffee while still staying on track.

This guide features my go-to lower calorie drink orders from the Fall menu (plus some year-round hacks) that I share with my clients as a Dietitian. I hope you enjoy!







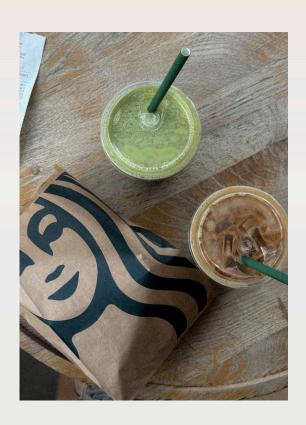
Create Your Own Drinks

DISCLAIMER

Over the years of creating custom Starbucks drinks, realized that they traditionally gatekeep and guesstimate their nutrition facts.

That's why over the years researching and befriending baristas, I've been able to gather information on my own which is how I create custom drinks, each year. Below you'll find some easy nutrition facts to help you create better for you drinks, too!

*Keep in mind depending on how your barista creates your drink and how they decide to guesstimate portions, there can be some slight variations in drinks!



FALL NUTRITION FACTS

Coffee

- Plain brewed coffee (black):5 calories
- Caffe Americano (black): 15 calories
- 1 shot of espresso (black): 5 calories

Milks

*Light splash is 2 oz (1/4 inch) and regular splash is 4 oz (1/2 inch)

Splashes:

- Half and half:40 calories
- Whole milk: 38 calories
- Nonfat: 20 calories
- Almond milk:10 calories
- Oat milk: 35 calories
- Soy milk: 26 calories
- Sweet cream:32 calories

Syrups

- 1 pump vanilla syrup: 20 calories
- 1 pump sugar free vanilla syrup: 0 calories
- 1 pump brown sugar syrup: 20 calories
- NEW 1 pump pecan syrup: 20 calories

Sauces

- 1 pump pumpkin sauce: 30 calories
- 1 pump white mocha sauce:
 60 calories



Iced Pumpkin Drinks Under 100 Calories

Pumpkin Sweet Cream Cold Brew

To order, ask for 1 grande cold brew with 1 pump pumpkin sauce, 2 pumps sugar free vanilla and a splash of sweet cream. If you prefer regular vanilla syrup over sugar free, swap to 1 pump of regular vanilla syrup to make the drink 85 calories, instead of 65.

65 calories

Iced Pumpkin Spice Latte

To order, ask for a grande iced coffee, no classic syrup, 1 pump pumpkin sauce, 2 pumps sugar free vanilla, light half and half and extra pumpkin spice topping.

90 calories

Iced Pumpkin Coffee

To order, ask for a grande iced coffee with no classic syrup. Ask for 1 pump pumpkin sauce, 3 pumps of sugar free vanilla syrup and a splash of light cream.

75 calories

Pumpkin Chai Shaken Espresso

To order, ask for a grande shaken espresso with almond milk, no classic syrup, 1 pump pumpkin and 1 pump chai.

85 calories

Skinny Pumpkin Cinnamon Iced Coffee

To order, ask for a grande iced coffee with 2% milk, 2 pumps sugar free cinnamon dolce syrup and 1 pump pumpkin spice sauce.

65 calories



Hot Pumpkin Drinks Under 100 Calories

Hot Cinnamon Pumpkin Latte

To order, ask for tall almond milk latte, 1 pump pumpkin sauce, 2 pumps sugar free vanilla and top with cinnamon. If you want whipped cream on top, add an additional 70 calories for your drink total.

80 calories

Hot Pumpkin Spice Coffee

To order, ask for a grande Americano in a grande cup with 1 pump pumpkin sauce, 3 pumps of sugar free vanilla syrup with steamed almond milk.

55 calories

Hot Chai Pumpkin Latte

To order, ask for a grande blonde roast, 1 pump pumpkin sauce, 1 pump chai syrup, splash of almond milk and extra pumpkin spice topping.

80 calories

Hot Pumpkin Flat White

To order, ask for a tall flat white with 2% milk with 1 pump of pumpkin sauce and topped with cinnamon.

130 calories

Hot Brown Sugar Pumpkin Sweet Cream

To order, ask for a grande blonde roast with 1 pump pumpkin sauce, 1 pump brown sugar syrup and a splash of sweet cream.

85 calories

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