


























































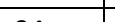




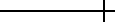



Peet's Made-to-Order Beverages – Added Sugar Amounts

Espresso Beverages			
Beverage		Added Sugar (g)	Added Sugar (teaspoons)*
Americano		-	
Caffe Latte		-	
Caffe (or Latte) Macchiato		-	
Cappuccino		-	
Caffe con Panna (all sizes)		0.5	
Caffe Mocha	small	21	5 
	medium	21	5 
	large	30	7 ½ 
Caffe Mocha, Iced	small	12	3 
	medium	21	5 
	large	30	7 ½ 
Caramel Latte	small	28	7 
	medium	28	7 
	large	37	9 
Caramel Latte, Iced	small	13	3 
	medium	21	5 
	large	34	8 ½ 
Caramel Macchiato	small	32	8 
	medium	32	8 
	large	41	10 
Havana Cappuccino	small	20	5 
	medium	20	5 
	large	28	7 
Havana Cappuccino, Iced	small	18	4 ½ 
	medium	18	4 ½ 
	large	28	7 
Vanilla Latte	small	18	4 ½ 
	medium	22	5 ½ 
	large	30	7 ½ 
Vanilla Latte, Iced	small	18	4 ½ 
	medium	22	5 ½ 
	large	30	7 ½ 
White Chocolate Mocha	small	25	6 
	medium	25	6 
	large	35	9 
White Chocolate Mocha, Iced	small	10	2 ½ 
	medium	19	5 
	large	32	8 

Frozen & Coffee-Free			
Beverage	Size	Added Sugar (g)	Added Sugar (teaspoons)*
Chocolate & Caramel Javiva	small	66	16 ½ 
	medium	73	18 
	large	91	23 
Coffee (or espresso) Javiva	small	39	8 
	medium	47	10 
	large	62	13 
Coffee Javiva, Light	small	15	4 
	medium	18	4 ½ 
	large	22	5 ½ 
Hot Chocolate	Kid's	21	5 
	small	29	7 
	medium	36	9 
Mocha Javiva	small	48	12 
	medium	55	14 
	large	73	18 
Chai Javiva	small	44	11 
	medium	54	13 ½ 
	large	73	18 
Matcha Javiva	small	33	8 
	medium	41	10 
	large	52	13 

Cold Brew Beverages			
Beverage	Size	Added Sugar (g)	Added Sugar (teaspoons)*
Coconut Fog	small	21	5 
	medium	28	7 
	large	35	9 
Coconut Fog Latte	small	20	5 
	medium	27	7 
	large	34	8 ½ 
Cold Brew Fog	small	21	5 
	medium	28	7 
	large	35	9 
The Black Tie	small	27	7 
	medium	34	8 ½ 
	large	48	12 

*Teaspoons are rounded to the nearest ½ teaspoon

Peet's Made-to-Order Beverages – Added Sugar Amounts


Tea Beverages			
Beverage	Size	Added Sugar (g)	Added Sugar (teaspoons)*
All Tea Fogs	small	24	6
	medium	34	8 ½
	large	48	12
Matcha Latte	small	12	3
	medium	19	5
	large	25	6
Matcha Latte, Iced	small	12	3
	medium	19	5
	large	25	6
Chai Latte	small	16	4
	medium	18	4 ½
	large	24	6
Chai Latte, Iced	small	16	4
	medium	18	4
	large	24	6

Recommendations Regarding Added Sugar

The American Heart Association and World Health Organization recommend a maximum daily intake of about 6 tsp for women and 9 tsp for men, with gender differences based on estimated energy needs.

The 2015-2020 Dietary Guidelines for Americans recommends limiting added sugar to no more than 10% of calories per day. For a 2000 calorie diet, that would be 50g or 12 ½ tsp.

4 grams = 1 teaspoon (tsp) sugar



Ask your barista how many pumps of syrup are in your drink. You can customize the amount.

Milks			
Beverage	Size	Added Sugar (g)	Added Sugar (teaspoons)*
2% Milk	8 oz.	-	
Almond Milk	8 oz.	8	2
Coconut Milk	8 oz.	8	2
Oat Milk	8 oz.	3	1
Soy Milk, Orig.	8 oz.	6	1 ½
Whipped Cream	Avg. per drink	3	1
Sweetened Condensed Milk	1 oz.	12	3
Half & Half	1 oz.	-	-

Note: Added sugar amounts may vary slightly when you choose a milk alternative.

Syrups (per pump)		
Syrup	Added Sugar (g)	Added Sugar (teaspoons)*
Monin syrup	7	2
Caramel sauce	11	4
Chocolate sauce	9	2
White chocolate sauce	12	3

*Teaspoons are rounded to the nearest ½ teaspoon