















Here are some tips on how to choose healthier options at Peet's to keep you at peak performance!

### Healthy Drink Quick-Tips:

- **Stick to 'clear drinks'**, like black coffee or iced tea – the less milk and cream, the lower calories and fat
- **Order a small** – a large has 50% more calories!
- **Try fat free or soy milk** – this can save 70-80 calories and up to 9 g of fat!
- **Stay away from whipped cream** – it can add 100 calories and 12g of fat
- **Don't be fooled by 'light' freddos** – just because they have less fat, does not mean they have less sugar!

Consider drinking this....		Instead of this!	
	<b>Non-fat Café Au Lait</b> Small = 36 cal, 0g fat, 5g sugar		<b>White Mocha with Whipped Cream</b> Small = 398 cal, 20g fat, 44g sugar
	<b>Non-fat Iced Caffè Latte</b> Medium = 113 cal, 0g fat, 16g sugar		<b>Vanilla Caffè Freddo</b> Medium = 320 cal, 4g fat, 64 g sugar
	<b>Jasmine Lime Cooler</b> Medium = 127 cal, 0g fat, 30g sugar		<b>Matcha Green Tea Freddo with Whipped Cream</b> Medium = 350 cal, 16g fat, 45g sugar

### Healthy Food Quick-Tips:

Consider eating this....	Instead of this!
 <b>Blueberry Bliss Luna Bar</b> 180 cal, 5g fat, 13g sugar, 8g protein	 <b>Blueberry Sweet Cheese Pastry</b> 480 cal, 32g fat, 28g sugar
 <b>Strawberry Scone</b> 270 cal, 11g fat, 10g sugar	 <b>Iced Maple Nut Scone</b> 480 cal, 25g fat, 27g sugar
 <b>Crunchy Peanut Butter Clif Bar</b> 240 cal, 6g fat, 21g sugar, 22g protein	 <b>Peanut Butter Cookie</b> 470 cal, 34g fat, 22g sugar

- Pastries labeled **'Reduced fat' or 'Low fat'** often have more sugar than regular items
- **Don't be fooled by 'healthy' words** – a Cranberry Apple Bran Muffin has 550 calories whereas a Blueberry Muffin has just 480
- **Think twice about muffins!** A Reduced Fat Pumpkin Ginger Muffin has more calories than a Butter Croissant
- **Try a scone!** They tend to be lowest in sugar and calorie content
- **Think outside pastries!** – Energy bars are often lower in fat, sugar, and calories and offer an added bonus of healthy protein and fiber!

### *Did you Know?!*

- A small White Mocha has 42g of sugar and a Caramel Café Freddo has 68g– a can of coke has 39g!
- Croissants and danishes can have up to 18 g of saturated fat – the RDA for a 2000 calorie diet is 20g!

\* All this and more nutrition information can be found at [http://www.peets.com/stores/espresso\\_menu.asp](http://www.peets.com/stores/espresso_menu.asp)