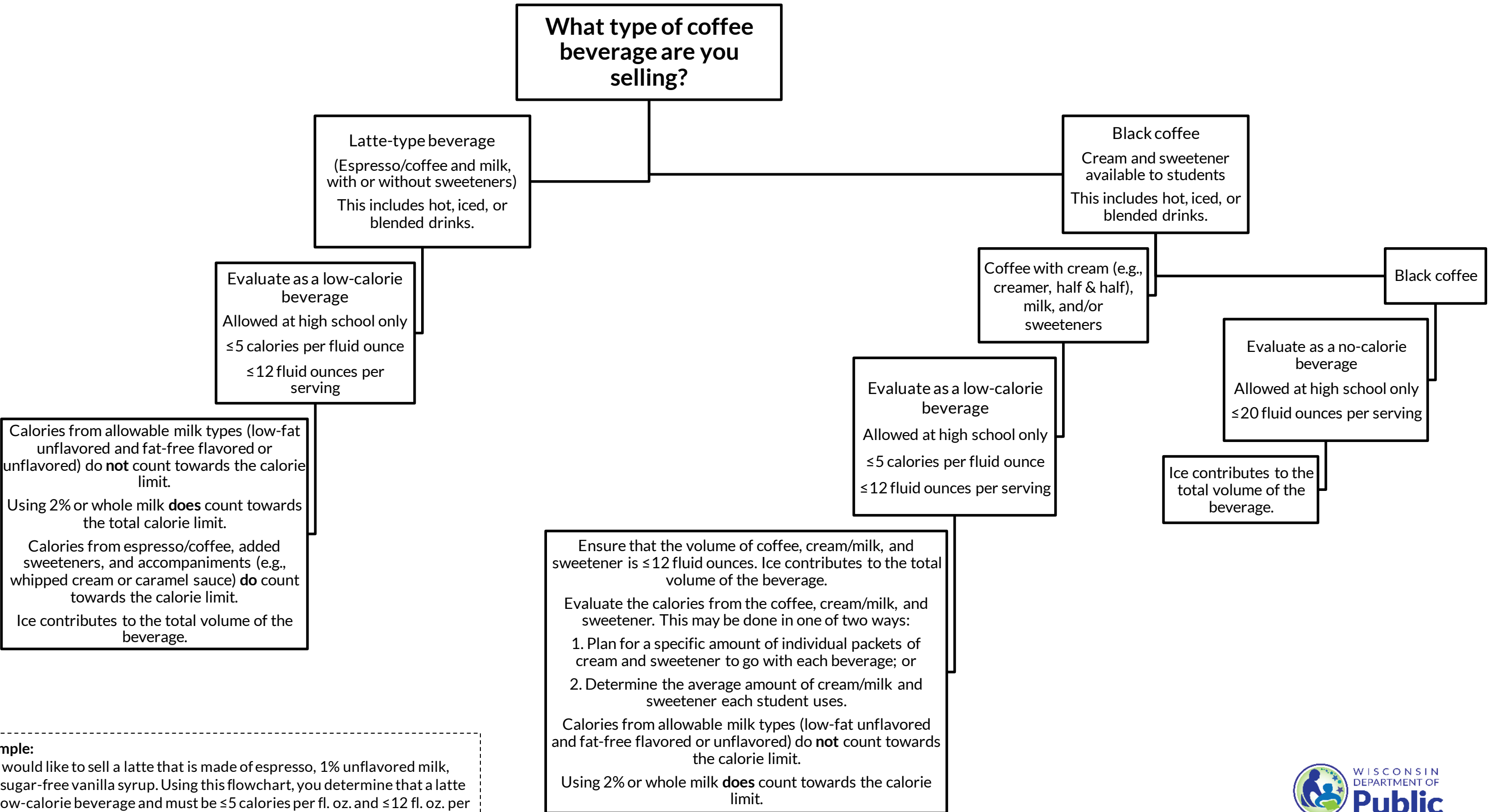


Coffee as a Smart Snack



Example:
 You would like to sell a latte that is made of espresso, 1% unflavored milk, and sugar-free vanilla syrup. Using this flowchart, you determine that a latte is a low-calorie beverage and must be ≤5 calories per fl. oz. and ≤12 fl. oz. per serving.
 Evaluate both the volume and calories of the ingredients you plan to use. Your recipe is 2 fl. oz. espresso (5 calories) + 8 fl. oz. 1% milk (111 calories) + 0.5 fl. oz. vanilla syrup (40 calories) for a total volume of 10.5 fl. oz, and 45 calories. (Remember, calories from allowable milk types do not count.)

This institution is an equal opportunity provider.



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