

Coffee as a Smart Snack

What type of coffee beverage are you selling?

A. I'm selling a latte-type beverage (espresso/coffee and milk, with or without sweeteners). This includes hot, iced, or blended drinks.

- Evaluate as a low-calorie beverage
- Allowed at high school only
- ≤ 5 calories per fluid ounce
- ≤ 12 fluid ounces per serving
- Calories from allowable milk types (low-fat unflavored and fat-free flavored or unflavored) do not count towards the calorie limit.
- Calories from espresso/coffee, added sweeteners, and accompaniments (e.g., whipped cream or caramel sauce) do count towards the calorie limit.
- Ice contributes to the total volume of the beverage.

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.)

B. I'm selling black coffee, cream and sweetener may or may not be available to students. This includes hot, iced, or blended drinks.

If just selling back coffee:

- Evaluate as a no-calorie beverage
- Allowed at high school only
- ≤ 20 fluid ounces per serving
- Ice contributes to the total volume of the beverage.

If selling coffee with cream (e.g., creamer, half & half), milk, and/or sweeteners)

- Evaluate as a low-calorie beverage
- Allowed at high school only
- ≤ 5 calories per fluid ounce
- ≤ 12 fluid ounces per serving
- Ensure that the volume of coffee, cream/milk, and sweetener is ≤ 12 fluid ounces. Ice contributes to the total volume of the beverage.
- Evaluate the calories from the coffee, cream/milk, and sweetener. This may be done in one of two ways:
 - Plan for a specific amount of individual packets of cream and sweetener to go with each beverage;
 - Determine the average amount of cream/milk and sweetener each student uses.
- Calories from allowable milk types (low-fat unflavored and fat-free flavored or unflavored) do not count towards the calorie limit.