

Nutritional information - Starbucks Hot Drinks 1

	CALORIES (kj)	CALORIES (kcal)	FAT (g)	SATURATES (g)	CARBOHYDRATES (g)	SUGAR (g)	FIBRE (g)	PROTEIN (g)	SALT (g)
ESPRESSO & FILTER COFFEE									
CAFFÈ LATTE (made with Semi Skimmed Milk as standard)									
Short - Skimmed Milk	257	60	0.2	0.0	9.0	8.0	0.0	5.8	0.16
Short - Semi Skimmed Milk	357	85	2.9	1.8	8.7	7.7	0.0	6.1	0.16
Short- Whole Milk	450	108	5.8	3.7	8.5	7.5	0.0	5.5	0.16
Short- Soy	295	70	2.7	0.5	5.9	5.0	0.8	5.2	0.18
Short - Coconut	294	71	4.6	4.3	6.4	5.0	0.3	0.7	0.09
Short - Almond	182	43	1.9	0.2	5.1	4.0	0.5	1.2	0.10
Short - Oat	531	127	4.3	2.6	18.4	10.7	3.2	2.0	0.21
Tall - Skimmed Milk	435	102	0.3	0.0	15.3	13.3	0.0	9.7	0.27
Tall - Semi Skimmed Milk	602	143	4.8	2.9	14.7	12.7	0.0	10.3	0.27
Tall - Whole Milk	756	181	9.6	6.1	14.5	12.5	0.0	9.2	0.27
Tall - Soy	499	119	4.5	0.8	10.2	8.2	1.3	8.7	0.29
Tall - Coconut	497	119	7.7	7.2	11.0	8.2	0.5	1.3	0.15
Tall - Almond	310	74	3.2	0.3	8.9	6.6	0.8	2.1	0.16
Tall - Oat	890	212	7.2	4.3	30.9	17.8	5.3	3.4	0.35
Grande - Skimmed Milk	543	128	0.3	0.0	19.0	17.0	0.0	12.3	0.34
Grande - Semi Skimmed Milk	757	180	6.1	3.7	18.3	16.3	0.0	12.9	0.34
Grande - Whole Milk	954	228	12.2	7.8	17.9	16.0	0.0	11.6	0.34
Grande - Soy	625	149	5.8	1.0	12.5	10.5	1.7	10.9	0.37
Grande - Coconut	623	150	9.9	9.2	13.5	10.5	0.7	1.4	0.19
Grande - Almond	384	92	4.1	0.3	10.8	8.5	1.0	2.4	0.20
Grande - Oat	1126	269	9.2	5.4	39.0	22.8	6.8	4.1	0.44
Venti - Skimmed Milk	713	168	0.4	0.0	25.0	22.0	0.0	16.0	0.44
Venti - Semi Skimmed Milk	989	235	7.9	4.8	24.1	21.1	0.0	16.9	0.44
Venti - Whole Milk	1245	298	15.8	10.1	23.6	20.7	0.0	15.2	0.44
Venti - Soy	819	195	7.5	1.3	16.6	13.6	2.2	14.3	0.48
Venti - Coconut	817	196	12.8	11.9	17.9	13.6	0.9	2.0	0.24
Venti - Almond	506	121	5.3	0.4	14.4	11.0	1.3	3.3	0.26
Venti - Oat	1468	350	11.9	7.0	50.9	29.5	8.8	5.5	0.57
VANILLA LATTE (made with Semi Skimmed Milk and regular Vanilla Flavour Syrup as standard)									
Short - Skimmed Milk	410	96	0.2	0.0	18.1	17.1	0.0	5.7	0.16
Short - Semi Skimmed Milk	510	121	2.9	1.8	17.7	16.8	0.0	6.0	0.16
Short- Whole Milk	602	143	5.7	3.7	17.6	16.6	0.0	5.4	0.16
Short- Soy	448	106	2.7	0.5	15.0	14.1	0.8	5.1	0.18
Short - Coconut	447	107	4.6	4.3	15.5	14.1	0.3	0.6	0.09
Short - Almond	335	79	1.9	0.2	14.2	13.1	0.5	1.1	0.10
Short - Oat	683	162	4.3	2.6	27.5	19.8	3.2	1.9	0.21
Tall - Skimmed Milk	660	155	0.3	0.0	28.7	26.9	0.0	9.5	0.26
Tall - Semi Skimmed Milk	826	196	4.8	2.9	28.2	26.4	0.0	10.1	0.26
Tall - Whole Milk	979	233	9.5	6.1	27.9	26.1	0.0	9.0	0.26
Tall - Soy	723	172	4.5	0.8	23.7	21.9	1.3	8.5	0.29
Tall - Coconut	722	172	7.7	7.1	24.5	21.9	0.5	1.1	0.15
Tall - Almond	536	127	3.2	0.3	22.4	20.3	0.8	1.9	0.16
Tall - Oat	1113	265	7.1	4.2	44.3	31.4	5.3	3.2	0.34
Grande - Skimmed Milk	852	201	0.3	0.0	37.2	35.3	0.0	12.1	0.34
Grande - Semi Skimmed Milk	1066	253	6.1	3.8	36.6	34.6	0.0	12.8	0.34
Grande - Whole Milk	1264	301	12.3	7.8	36.2	34.3	0.0	11.5	0.34
Grande - Soy	934	222	5.8	1.0	30.8	28.8	1.7	10.8	0.37
Grande - Coconut	932	222	9.9	9.2	31.8	28.8	0.7	1.2	0.19
Grande - Almond	692	164	4.1	0.3	29.1	26.8	1.0	2.2	0.20
Grande - Oat	1437	342	9.2	5.5	57.4	41.1	6.8	4.0	0.44
Venti - Skimmed Milk	1091	257	0.4	0.0	47.5	44.8	0.0	15.7	0.44
Venti - Semi Skimmed Milk	1367	324	7.9	4.8	46.7	43.9	0.0	16.6	0.44
Venti - Whole Milk	1622	386	15.8	10.1	46.2	43.4	0.0	14.8	0.44
Venti - Soy	1197	284	7.5	1.3	39.2	36.4	2.2	14.0	0.48
Venti - Coconut	1195	285	12.7	11.8	40.5	36.4	0.9	1.7	0.24
Venti - Almond	885	210	5.3	0.4	37.0	33.8	1.3	3.0	0.26
Venti - Oat	1844	438	11.8	7.0	73.4	52.2	8.8	5.2	0.57

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Nutritional information - Starbucks Hot Drinks 2

	CALORIES (kj)	CALORIES (kcal)	FAT (g)	SATURATES (g)	CARBOHYDRATES (g)	SUGAR (g)	FIBRE (g)	PROTEIN (g)	SALT (g)
ESPRESSO & FILTER COFFEE CONT.									
LATTE MACCHIATO (made with Semi Skimmed Milk as standard)									
Short - Skimmed Milk	200	47	0.1	0.0	7.0	6.0	0.0	4.5	0.12
Short - Semi Skimmed Milk	276	66	2.2	1.3	6.8	5.8	0.0	4.7	0.12
Short- Whole Milk	346	83	4.4	2.8	6.7	5.7	0.0	4.2	0.12
Short- Soy	229	55	2.1	0.4	4.7	3.7	0.6	4.0	0.13
Short - Coconut	225	54	3.5	3.2	5.0	3.7	0.2	0.6	0.10
Short - Almond	141	34	1.4	0.1	4.1	3.0	0.4	1.0	0.10
Short - Oat	407	97	3.3	1.9	14.1	8.1	2.4	1.6	0.20
Tall - Skimmed Milk	337	79	0.2	0.0	11.9	10.0	0.0	7.5	0.20
Tall - Semi Skimmed Milk	462	110	3.6	2.2	11.5	9.6	0.0	7.9	0.20
Tall - Whole Milk	578	138	7.2	4.6	11.3	9.4	0.0	7.1	0.20
Tall - Soy	385	92	3.4	0.6	8.2	6.2	1.0	6.7	0.22
Tall - Coconut	371	89	5.5	5.2	8.5	5.9	0.4	1.1	0.10
Tall - Almond	231	55	2.2	0.2	6.8	4.7	0.6	1.7	0.10
Tall - Oat	679	162	5.4	3.2	23.7	13.3	4.0	2.7	0.30
Grande - Skimmed Milk	401	94	0.2	0.0	14.1	12.1	0.0	9.0	0.24
Grande - Semi Skimmed Milk	554	132	4.4	2.7	13.6	11.6	0.0	9.5	0.24
Grande - Whole Milk	695	166	8.7	5.6	13.4	11.4	0.0	8.5	0.24
Grande - Soy	460	110	4.1	0.7	9.5	7.5	1.2	8.0	0.27
Grande - Coconut	496	119	7.7	7.2	11.0	8.2	0.5	1.2	0.10
Grande - Almond	327	78	3.4	0.3	9.3	7.1	0.8	2.1	0.20
Grande - Oat	818	195	6.5	3.9	28.4	16.2	4.9	3.1	0.30
Venti - Skimmed Milk	563	133	0.3	0.0	19.9	16.9	0.0	12.6	0.34
Venti - Semi Skimmed Milk	776	184	6.1	3.7	19.2	16.2	0.0	13.2	0.34
Venti - Whole Milk	972	232	12.2	7.8	18.8	15.9	0.0	11.9	0.34
Venti - Soy	645	154	5.7	1.0	13.4	10.5	1.7	11.2	0.37
Venti - Coconut	681	163	10.4	9.7	15.2	11.2	0.7	1.8	0.20
Venti - Almond	427	102	4.3	0.4	12.3	9.0	1.1	2.9	0.20
Venti - Oat	1143	272	9.1	5.4	39.8	22.6	6.8	4.5	0.40
FRESH FILTER COFFEE									
Short	7	2	0.0	0.0	0.0	0.0	0.0	0.3	0.00
Tall	10	2	0.1	0.0	0.0	0.0	0.0	0.4	0.00
Grande	13	3	0.1	0.0	0.0	0.0	0.0	0.6	0.00
Venti	16	4	0.1	0.0	0.0	0.0	0.0	0.7	0.10
ESPRESSO									
Solo	24	6	0.0	0.0	1.0	0.0	0.0	0.4	0.00
Doppio	48	11	0.0	0.0	2.0	0.0	0.0	0.7	0.00
ESPRESSO CON PANNA (made with Whipped Cream as standard)									
Solo	265	64	5.8	4.2	2.4	1.4	0.0	0.7	0.00
Doppio	333	80	6.8	4.9	3.6	1.6	0.0	1.1	0.00
CORTADO (made with Whole Milk as standard)									
Skimmed Milk	187	44	0.1	0.0	6.8	4.8	0.0	4.0	0.10
Semi Skimmed Milk	247	59	1.7	1.1	6.6	4.6	0.0	4.2	0.10
Whole Milk	303	72	3.5	2.2	6.5	4.5	0.0	3.8	0.10
Soy	210	50	1.6	0.3	5.0	3.0	0.5	3.6	0.11
Coconut	209	50	2.8	2.6	5.3	3.0	0.2	0.9	0.05
Almond	141	34	1.2	0.1	4.5	2.4	0.3	1.2	0.06
Oat	352	84	2.6	1.5	12.5	6.4	1.9	1.7	0.12
ESPRESSO MACCHIATO (made with Semi Skimmed Milk as standard)									
Solo - Skimmed Milk	31	7	0.0	0.0	1.3	0.3	0.0	0.5	0.01
Solo - Semi Skimmed Milk	34	8	0.1	0.1	1.2	0.3	0.0	0.6	0.01
Solo - Whole Milk	37	9	0.2	0.1	1.2	0.3	0.0	0.5	0.01
Solo - Soy	32	8	0.1	0.0	1.2	0.2	0.0	0.5	0.01
Solo - Coconut	32	8	0.2	0.1	1.2	0.2	0.0	0.4	0.00
Solo - Almond	28	7	0.1	0.0	1.1	0.1	0.0	0.4	0.00
Solo - Oat	40	9	0.1	0.1	1.6	0.4	0.1	0.4	0.01
Doppio - Skimmed Milk	70	16	0.0	0.0	2.8	0.8	0.0	1.3	0.02

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Nutritional information - Starbucks Hot Drinks 3

	CALORIES (kj)	CALORIES (kcal)	FAT (g)	SATURATES (g)	CARBOHY- DRATES (g)	SUGAR (g)	FIBRE (g)	PROTEIN (g)	SALT (g)
ESPRESSO & FILTER COFFEE CONT.									
ESPRESSO MACCHIATO (made with Semi Skimmed Milk as standard)									
Doppio - Semi Skimmed Milk	80	19	0.3	0.2	2.8	0.8	0.0	1.3	0.02
Doppio - Whole Milk	90	21	0.6	0.4	2.8	0.8	0.0	1.2	0.02
Doppio - Soy	74	17	0.3	0.1	2.5	0.5	0.1	1.2	0.02
Doppio - Coconut	74	17	0.5	0.4	2.5	0.5	0.0	0.8	0.01
Doppio - Almond	62	15	0.2	0.0	2.4	0.4	0.1	0.8	0.01
Doppio - Oat	98	23	0.4	0.3	3.8	1.1	0.3	0.9	0.02
CAFFÈ AMERICANO									
Short	23	5	0.0	0.0	1.0	0.0	0.0	0.4	0.00
Tall	46	11	0.0	0.0	2.0	0.0	0.0	0.7	0.00
Grande	69	16	0.0	0.0	3.0	0.0	0.0	1.1	0.00
Venti	92	22	0.0	0.0	4.0	0.0	0.0	1.4	0.00
CAPPUCCINO (made with Semi Skimmed Milk as standard)									
Short - Skimmed Milk	206	49	0.1	0.0	7.3	6.3	0.0	4.6	0.13
Short - Semi Skimmed Milk	285	68	2.3	1.4	7.0	6.0	0.0	4.9	0.13
Short- Whole Milk	358	85	4.5	2.9	6.9	5.9	0.0	4.4	0.10
Short- Soy	236	56	2.1	0.4	4.9	3.9	0.6	4.1	0.14
Short - Coconut	236	57	3.6	3.4	5.2	3.9	0.3	0.6	0.07
Short - Almond	147	35	1.5	0.1	4.2	3.1	0.4	1.0	0.08
Short - Oat	421	100	3.4	2.0	14.6	8.4	2.5	1.6	0.16
Tall - Skimmed Milk	393	93	0.2	0.0	13.8	11.9	0.0	8.8	0.24
Tall - Semi Skimmed Milk	542	129	4.3	2.6	13.4	11.4	0.0	9.3	0.24
Tall - Whole Milk	680	163	8.5	5.5	13.1	11.1	0.0	8.3	0.24
Tall - Soy	450	107	4.0	0.7	9.3	7.4	1.2	7.8	0.26
Tall - Coconut	449	108	6.9	6.4	10.0	7.4	0.5	1.2	0.13
Tall - Almond	282	67	2.8	0.2	8.1	5.9	0.7	1.9	0.14
Tall - Oat	800	191	6.4	3.8	27.8	15.9	4.7	3.1	0.31
Grande - Skimmed Milk	436	103	0.3	0.0	15.3	13.3	0.0	9.8	0.27
Grande - Semi Skimmed Milk	603	143	4.8	2.9	14.8	12.8	0.0	10.3	0.27
Grande - Whole Milk	758	181	9.6	6.1	14.5	12.5	0.0	9.2	0.27
Grande - Soy	500	119	4.5	0.8	10.2	8.3	1.3	8.7	0.29
Grande - Coconut	499	120	7.7	7.2	11.0	8.3	0.5	1.3	0.15
Grande - Almond	311	74	3.2	0.3	8.9	6.7	0.8	2.1	0.16
Grande - Oat	893	213	7.2	4.3	31.0	17.8	5.3	3.4	0.35
Venti - Skimmed Milk	611	144	0.4	0.0	21.5	18.5	0.0	13.7	0.37
Venti - Semi Skimmed Milk	844	201	6.7	4.1	20.8	17.8	0.0	14.4	0.37
Venti - Whole Milk	1060	253	13.3	8.5	20.4	17.4	0.0	12.9	0.37
Venti - Soy	701	167	6.3	1.1	14.5	11.5	1.9	12.2	0.41
Venti - Coconut	699	168	10.7	10.0	15.6	11.5	0.7	1.8	0.20
Venti - Almond	437	104	4.4	0.4	12.6	9.3	1.1	2.9	0.22
Venti - Oat	1247	297	10.0	5.9	43.3	24.8	7.4	4.8	0.48
FLAT WHITE (made with Whole Milk as standard)									
Short - Skimmed Milk	269	63	0.2	0.0	9.6	7.6	0.0	5.9	0.15
Short - Semi Skimmed Milk	365	87	2.7	1.7	9.3	7.3	0.0	6.2	0.15
Short- Whole Milk	453	108	5.5	3.5	9.1	7.2	0.0	5.6	0.15
Short- Soy	306	73	2.6	0.5	6.7	4.7	0.8	5.3	0.17
Short - Coconut	305	73	4.4	4.1	7.2	4.7	0.3	1.0	0.08
Short - Almond	197	47	1.8	0.2	5.9	3.8	0.5	1.5	0.09
Short - Oat	531	126	4.1	2.4	18.6	10.2	3.1	2.2	0.20
MOCHA & HOT CHOCOLATE									
MOCHA (made with Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)									
Short - Skimmed Milk	574	137	6.8	4.7	14.9	13.6	1.1	3.6	0.11
Short - Semi Skimmed Milk	630	151	8.3	5.7	14.8	13.4	1.1	3.8	0.11
Short- Whole Milk	681	163	9.9	6.8	14.7	13.3	1.1	3.4	0.11
Short- Soy	595	143	8.2	5.0	13.2	11.9	1.5	3.3	0.11
Short - Coconut	595	143	9.2	7.1	13.5	11.9	1.3	0.8	0.07

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Nutritional information - Starbucks Hot Drinks 4

	CALORIES (kj)	CALORIES (kcal)	FAT (g)	SATURATES (g)	CARBOHYDRATES (g)	SUGAR (g)	FIBRE (g)	PROTEIN (g)	SALT (g)
MOCHA & HOT CHOCOLATE									
MOCHA (made with Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)									
Short - Almond	532	128	7.7	4.8	12.8	11.4	1.3	1.0	0.07
Short - Oat	726	174	9.1	6.1	20.2	15.1	2.9	1.5	0.13
Tall - Skimmed Milk	820	196	8.3	5.8	23.2	20.8	1.6	6.3	0.18
Tall - Semi Skimmed Milk	920	220	11.0	7.5	22.8	20.5	1.6	6.6	0.18
Tall - Whole Milk	1012	242	13.8	9.4	22.7	20.4	1.6	6.0	0.18
Tall - Soy	859	205	10.8	6.2	20.2	17.8	2.4	5.7	0.19
Tall - Coconut	858	206	12.7	10.0	20.6	17.8	1.9	1.2	0.11
Tall - Almond	746	179	10.1	5.9	19.4	16.9	2.0	1.7	0.12
Tall - Oat	1092	261	12.4	8.3	32.5	23.5	4.7	2.5	0.23
Grande - Skimmed Milk	1045	249	9.9	6.8	30.5	27.9	2.0	8.6	0.25
Grande - Semi Skimmed Milk	1186	283	13.7	9.2	30.0	27.4	2.0	9.0	0.25
Grande - Whole Milk	1316	315	17.7	11.9	29.8	27.2	2.0	8.2	0.25
Grande - Soy	1099	263	13.5	7.5	26.2	23.6	3.2	7.7	0.27
Grande - Coconut	1098	263	16.1	12.8	26.9	23.6	2.5	1.4	0.15
Grande - Almond	940	225	12.3	7.0	25.1	22.3	2.7	2.1	0.16
Grande - Oat	1430	342	15.7	10.4	43.7	31.7	6.5	3.2	0.32
WHITE CHOCOLATE MOCHA (made with Semi Skimmed Milk and Whipped Cream as standard)									
Short - Skimmed Milk	830	198	8.4	6.3	25.1	24.3	0.0	5.5	0.22
Short - Semi Skimmed Milk	887	212	9.9	7.2	24.9	24.1	0.0	5.7	0.22
Short- Whole Milk	940	225	11.6	8.3	24.8	24.0	0.0	5.3	0.22
Short- Soy	852	203	9.8	6.5	23.3	22.6	0.5	5.2	0.23
Short - Coconut	851	204	10.9	8.7	23.6	22.6	0.2	2.6	0.18
Short - Almond	787	188	9.4	6.3	22.9	22.0	0.3	2.9	0.18
Short - Oat	986	235	10.7	7.7	30.4	25.8	1.8	3.4	0.25
Tall - Skimmed Milk	1239	295	10.8	8.1	39.6	38.1	0.0	9.8	0.37
Tall - Semi Skimmed Milk	1351	322	13.8	10.0	39.3	37.8	0.0	10.1	0.37
Tall - Whole Milk	1455	347	17.1	12.2	39.1	37.6	0.0	9.4	0.37
Tall - Soy	1282	306	13.7	8.6	36.2	34.7	0.9	9.0	0.39
Tall - Coconut	1281	306	15.8	12.9	36.8	34.7	0.4	4.1	0.29
Tall - Almond	1156	276	12.8	8.2	35.3	33.7	0.5	4.6	0.30
Tall - Oat	1545	369	15.5	10.9	50.1	41.1	3.6	5.5	0.42
Grande - Skimmed Milk	1571	374	13.2	9.9	51.4	49.9	0.0	12.3	0.48
Grande - Semi Skimmed Milk	1712	408	17.0	12.3	50.9	49.4	0.0	12.8	0.48
Grande - Whole Milk	1842	440	21.1	15.0	50.7	49.2	0.0	11.9	0.48
Grande - Soy	1625	387	16.8	10.5	47.1	45.6	1.1	11.4	0.50
Grande - Coconut	1624	388	19.5	15.9	47.8	45.6	0.5	5.1	0.37
Grande - Almond	1466	350	15.7	10.1	46.0	44.3	0.7	5.8	0.39
Grande - Oat	1956	466	19.0	13.5	64.6	53.7	4.5	6.9	0.54
CLASSIC HOT CHOCOLATE (made with Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)									
Short - Skimmed Milk	574	137	6.8	4.7	14.8	14.2	1.1	3.7	0.12
Short - Semi Skimmed Milk	637	152	8.5	5.8	14.6	14.0	1.1	3.9	0.12
Short- Whole Milk	694	167	10.3	7.0	14.5	13.9	1.1	3.5	0.12
Short- Soy	598	143	8.4	5.0	12.9	12.4	1.6	3.3	0.13
Short - Coconut	598	144	9.6	7.4	13.2	12.4	1.3	0.5	0.07
Short - Almond	528	127	7.9	4.8	12.4	11.8	1.4	0.8	0.08
Short - Oat	745	178	9.4	6.3	20.7	15.9	3.1	1.3	0.15
Tall - Skimmed Milk	851	203	8.4	5.8	23.9	23.1	1.6	7.2	0.22
Tall - Semi Skimmed Milk	978	234	11.8	8.0	23.5	22.7	1.6	7.6	0.22
Tall - Whole Milk	1094	262	15.4	10.4	23.3	22.5	1.6	6.8	0.22
Tall - Soy	900	215	11.6	6.4	20.1	19.3	2.6	6.4	0.24
Tall - Coconut	899	216	14.0	11.2	20.7	19.3	2.0	0.8	0.13
Tall - Almond	757	181	10.6	6.0	19.1	18.1	2.2	1.4	0.14
Tall - Oat	1196	286	13.6	9.0	35.8	26.5	5.6	2.4	0.28
Grande - Skimmed Milk	1037	247	9.9	6.8	29.9	28.8	2.1	8.6	0.27
Grande - Semi Skimmed Milk	1188	284	14.0	9.4	29.4	28.3	2.1	9.1	0.27
Grande - Whole Milk	1327	318	18.3	12.3	29.2	28.1	2.1	8.1	0.27
Grande - Soy	1095	262	13.7	7.5	25.3	24.2	3.3	7.6	0.29

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Nutritional information - Starbucks Hot Drinks 5

	CALORIES (kj)	CALORIES (kcal)	FAT (g)	SATURATES (g)	CARBOHYDRATES (g)	SUGAR (g)	FIBRE (g)	PROTEIN (g)	SALT (g)
MOCHA & HOT CHOCOLATE									
CLASSIC HOT CHOCOLATE (made with Semi Skimmed Milk, Whipped Cream and Mocha Drizzle as standard)									
Grande - Coconut	1094	263	16.6	13.3	26.1	24.2	2.5	0.9	0.16
Grande - Almond	924	221	12.5	7.0	24.1	22.8	2.8	1.6	0.17
Grande - Oat	1449	347	16.1	10.6	44.1	32.9	6.9	2.8	0.34
Venti - Skimmed Milk	1255	299	10.4	7.1	38.3	36.9	2.5	11.8	0.36
Venti - Semi Skimmed Milk	1464	350	16.0	10.7	37.6	36.3	2.5	12.4	0.36
Venti - Whole Milk	1657	397	22.0	14.7	37.3	35.9	2.5	11.1	0.36
Venti - Soy	1335	319	15.7	8.0	32.0	30.6	4.2	10.4	0.39
Venti - Coconut	1334	320	19.7	16.0	33.0	30.6	3.2	1.1	0.21
Venti - Almond	1099	263	14.1	7.4	30.3	28.6	3.5	2.1	0.23
Venti - Oat	1826	436	19.0	12.4	57.9	42.6	9.2	3.8	0.46
SIGNATURE HOT CHOCOLATE (made with Semi Skimmed Milk and Whipped Cream as standard)									
Short - Skimmed Milk	1058	253	12.0	7.7	32.1	26.8	0.8	3.8	0.19
Short - Semi Skimmed Milk	1122	268	13.7	8.8	31.9	26.6	0.8	4.0	0.19
Short - Whole Milk	1180	282	15.5	10.0	31.8	26.5	0.8	3.6	0.19
Short - Soy	1082	259	13.6	8.0	30.1	24.9	1.3	3.4	0.20
Short - Coconut	1082	259	14.8	10.4	30.4	24.9	1.0	0.5	0.14
Short - Almond	1010	242	13.1	7.8	29.6	24.3	1.1	0.8	0.15
Short - Oat	1232	294	14.6	9.3	38.0	28.5	2.8	1.3	0.22
Tall - Skimmed Milk	1224	292	13.9	9.0	36.8	30.8	0.9	4.4	0.22
Tall - Semi Skimmed Milk	1298	310	15.9	10.3	36.6	30.6	0.9	4.6	0.22
Tall - Whole Milk	1366	327	18.1	11.7	36.5	30.5	0.9	4.1	0.22
Tall - Soy	1252	299	15.8	9.4	34.6	28.6	1.5	3.9	0.23
Tall - Coconut	1252	300	17.2	12.2	35.0	28.6	1.2	0.6	0.17
Tall - Almond	1169	280	15.2	9.1	34.0	27.9	1.3	1.0	0.17
Tall - Oat	1426	341	17.0	10.9	43.8	32.8	3.3	1.6	0.25
Grande - Skimmed Milk	1689	403	18.0	11.5	52.8	44.3	1.3	6.7	0.32
Grande - Semi Skimmed Milk	1805	431	21.2	13.5	52.4	43.9	1.3	7.1	0.32
Grande - Whole Milk	1912	457	24.5	15.7	52.2	43.7	1.3	6.3	0.32
Grande - Soy	1734	414	21.0	12.1	49.3	40.8	2.2	6.0	0.34
Grande - Coconut	1733	415	23.2	16.5	49.9	40.8	1.7	0.8	0.24
Grande - Almond	1603	383	20.1	11.7	48.4	39.7	1.9	1.4	0.25
Grande - Oat	2005	479	22.8	14.5	63.7	47.4	5.0	2.3	0.38
CLASSIC CHAI TEA LATTE (made with Semi Skimmed Milk as standard)									
Short - Skimmed Milk	435	103	0.1	0.0	21.3	21.3	1.2	3.4	0.11
Short - Semi Skimmed Milk	496	117	1.8	1.1	21.1	21.1	1.2	3.6	0.11
Short - Whole Milk	552	131	3.5	2.2	21.0	21.0	1.2	3.2	0.11
Short - Soy	459	109	1.7	0.3	19.5	19.4	1.7	3.0	0.12
Short - Coconut	458	109	2.8	2.6	19.8	19.4	1.4	0.3	0.06
Short - Almond	390	92	1.2	0.1	19.0	18.9	1.5	0.6	0.07
Short - Oat	601	143	2.7	1.5	27.0	22.9	3.1	1.1	0.14
Tall - Skimmed Milk	679	160	0.2	0.0	32.9	32.8	1.8	5.7	0.18
Tall - Semi Skimmed Milk	780	185	3.0	1.8	32.5	32.5	1.8	6.0	0.18
Tall - Whole Milk	875	208	5.9	3.7	32.4	32.3	1.8	5.4	0.18
Tall - Soy	718	170	2.8	0.5	29.8	29.7	2.6	5.1	0.20
Tall - Coconut	717	170	4.8	4.4	30.3	29.7	2.1	0.5	0.11
Tall - Almond	602	143	2.0	0.2	29.0	28.7	2.3	1.0	0.11
Tall - Oat	957	227	4.4	2.6	42.4	35.5	5.0	1.8	0.23
Grande - Skimmed Milk	881	208	0.3	0.0	42.9	42.8	2.4	7.2	0.23
Grande - Semi Skimmed Milk	1009	239	3.7	2.2	42.5	42.4	2.4	7.6	0.23
Grande - Whole Milk	1127	268	7.4	4.7	42.3	42.2	2.4	6.8	0.23
Grande - Soy	930	220	3.5	0.6	39.1	39.0	3.4	6.4	0.25
Grande - Coconut	929	221	6.0	5.5	39.7	39.0	2.8	0.7	0.13
Grande - Almond	786	186	2.5	0.2	38.1	37.8	3.0	1.3	0.14
Grande - Oat	1230	292	5.6	3.3	54.9	46.3	6.4	2.3	0.29
Venti - Skimmed Milk	1151	271	0.4	0.0	55.4	55.3	3.0	10.0	0.31
Venti - Semi Skimmed Milk	1329	315	5.2	3.1	54.9	54.8	3.0	10.6	0.31

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Nutritional information - Starbucks Hot Drinks 6

	CALORIES (kJ)	CALORIES (kcal)	FAT (g)	SATURATES (g)	CARBOHY- DRATES (g)	SUGAR (g)	FIBRE (g)	PROTEIN (g)	SALT (g)
MOCHA & HOT CHOCOLATE									
CLASSIC CHAI TEA LATTE (made with Semi Skimmed Milk as standard)									
Venti - Whole Milk	1494	355	10.3	6.5	54.6	54.5	3.0	9.4	0.31
Venti - Soy	1219	289	4.9	0.9	50.0	49.9	4.4	8.9	0.34
Venti - Coconut	1218	289	8.3	7.7	50.9	49.9	3.6	0.9	0.18
Venti - Almond	1017	241	3.5	0.3	48.6	48.2	3.8	1.8	0.20
Venti - Oat	1638	389	7.8	4.5	72.2	60.1	8.7	3.2	0.40
ADD-INS									
WHIPPED CREAM									
HOT Short Beverage - 16 g	242	59	5.8	4.2	1.4	1.4	0.0	0.3	0.01
HOT Tall Beverage - 19g	287	70	6.8	4.9	1.6	1.6	0.0	0.4	0.02
HOT Grande/Venti Beverage - 22g	333	81	7.9	5.7	1.9	1.9	0.0	0.4	0.02
COLD Mini Beverage - 20 g	302	73	7.2	5.2	1.7	1.7	0.0	0.4	0.02
COLD Tall Beverage - 25 g	378	92	9.0	6.5	2.2	2.1	0.0	0.5	0.02
COLD Grande/Venti Beverage - 35 g	529	128	12.6	9.1	3.0	3.0	0.0	0.7	0.03
FLAVOUR SYRUP									
1 Pump - 1/4 fl oz - 10 g	95	22	0.0	0.0	5.6	5.4	0.0	0.0	0.00
2 Pumps - 1/2 fl oz - 20 g	190	45	0.0	0.0	11.2	10.8	0.0	0.0	0.01
3 Pumps - 3/4 fl oz - 30 g	286	67	0.0	0.0	16.8	16.2	0.0	0.0	0.01
4 Pumps - 1 fl oz - 40 g	381	90	0.0	0.0	22.4	21.6	0.0	0.0	0.01
SUGAR FREE FLAVOUR SYRUP									
1 Pump - 1/4 fl oz - 10 g	4	1	0.0	0.0	0.2	0.0	0.0	0.0	0.01
2 Pumps - 1/2 fl oz - 20 g	7	2	0.0	0.0	0.4	0.0	0.0	0.0	0.01
3 Pumps - 3/4 fl oz - 30 g	11	3	0.0	0.0	0.7	0.0	0.0	0.0	0.02
4 Pumps - 1 fl oz - 40 g	15	4	0.0	0.0	0.9	0.0	0.0	0.0	0.02
BAR MOCHA SAUCE									
1 Pump - 1/2 fl oz - 17 g	83	20	0.4	0.3	3.8	3.5	0.5	0.0	0.00
2 Pumps - 1 fl oz - 35 g	166	39	0.8	0.5	7.5	7.0	1.0	0.0	0.00
3 Pumps - 1 1/2 fl oz - 52 g	248	59	1.2	0.8	11.3	10.5	1.5	0.0	0.01
4 Pumps - 2 fl oz - 70 g	331	79	1.6	1.0	15.0	14.0	1.9	0.0	0.01
5 Pumps - 2 1/2 fl oz - 87 g	414	98	2.0	1.3	18.8	17.5	2.4	0.0	0.01
DRIZZLES									
Mocha - 4 g	19	5	0.1	0.1	0.9	0.8	0.1	0.0	0.00
Caramel - 4 g	67	16	0.6	0.4	2.5	2.3	0.0	0.1	0.02

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