

## IT'S BACK!!!

It's that time of year when Starbucks and others roll out their very popular Pumpkin Spice Latte coffee drinks.

And, while they taste fantastic (I know first-hand!), we should at least be knowledgeable about the caloric intake... most especially if you're attempting to change your body composition!

## HOW MANY CALORIES..?

A grande (16 oz.) hot Pumpkin Spice Latte made with 2 percent milk has **390** calories.

But only about half of the Pumpkin Spice Latte's 390 calories come from the milk and espresso you'd get in a regular latte (190 calories).

## HOW MUCH SUGAR..?

All told, the grande PSL has **50 grams of sugar**. Some of that sugar occurs naturally in the latte's milk. But it's estimated that roughly **7½ teaspoons (32 grams)** are added sugar, from the PSL's sweet pumpkin sauce and whipped cream.



### Nutrition

Nutrition information is calculated based on our standard recipes. Only changing drink size will update this information. Other customizations will not.

Serving Size 16 fl oz

**Calories 390**

Calories from Fat 130

% Daily Value \*

**Total Fat 14 g** 18%

Saturated Fat 9 g 45%

Trans Fat 0.5 g

**Cholesterol 50 mg** 17%

**Sodium 230 mg** 10%

**Total Carbohydrates 52 g** 19%

Dietary Fiber 0 g

**Sugars 50 g**

**Protein 14 g**

**Caffeine 150 mg**

### Ingredients

**MILK, PUMPKIN SPICE SAUCE** [SUGAR, CONDENSED SKIM MILK, PUMPKIN PUREE, CONTAINS 2% OR LESS OF FRUIT AND VEGETABLE JUICE FOR COLOR, NATURAL FLAVORS, ANNATTO, SALT, POTASSIUM SORBATE], **BREWED ESPRESSO, WHIPPED CREAM** [CREAM (CREAM, MONO AND DIGLYCERIDES, CARAGEENAN), VANILLA SYRUP (SUGAR, WATER, NATURAL FLAVORS, POTASSIUM SORBATE, CITRIC ACID)], **PUMPKIN SPICE TOPPING** [CINNAMON, GINGER, NUTMEG, CLOVE, SULFITING AGENTS]

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