



United States Department of Agriculture



UW-Extension Walworth County  
FoodWise Program  
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# Redo your coffee shop stop

Whether going to your local coffee shop is a daily ritual or a special weekend outing, consider these ways you can move toward better choices.



## Downsize your drink

If a large coffee drink is your go-to, consider whether a smaller size would hit the spot.



## Do dairy right

For lattes and cappuccinos, shift from whole milk to low-fat or fat-free (skim) milk to reduce the amount of saturated fat.



## Skip the "whip"

Leave off the extras like whipped cream and caramel drizzle. The calories from added sugars in the toppings alone can really add up.



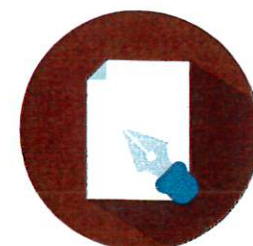
## Cut the syrup in half

Ask for fewer pumps of sweetener in your drink. A sprinkle of cinnamon or cocoa powder can add flavor without added sugars.



## Split the sweets

Share a muffin or pastry with a friend. It can be high in calories from added sugars and saturated fat.



## List more tips

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