



MyPlate
MyWins

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.



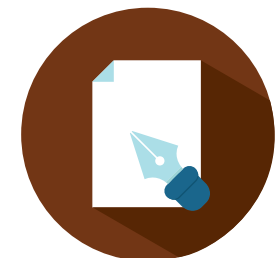
Cut the syrup in half

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
