

## Starbucks™ Carb Counting Guide

BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	SNACK	
Grams of Carbs	Grams of Carbs	Grams of Carbs	Grams of Carbs	Grams of Carbs	Grams of Carbs	
CARB:INSULIN Ratios Breakfast = 1u:g Lunch = 1u:g Dinner = 1u:g						

#### 1 SERVING = 15 g CARBOHYDRATES

Items	Serving Size	Carb Count (g)
Milk		
1-2 M.F. % cow's milk	1 CUP	12
Unsweetened oat milk	1 CUP	17
Unsweetened Almond milk	1 CUP	8
Unsweetened Soy milk	1 cup	8
Syrups/Purees		
All syrup except:	1 pump	5
Irish cream syrup	1 pump	10
Brown sugar syrup	1 pump	3
Sugar-free vanilla syrup	1 pump	0
Strawberry puree	1 scoop	15
Toppings		
Whipped cream	½ cup	3
Cookie/caramel crunchies	1 tbsp	10
Cinnamon/nutmeg	Dash	0
Drizzle	1 tbsp	15
Hot Drinks		
True North Blend Blonde Roast Coffee	Grande 473 mL	0
Brown Sugar Oat Americano	Grande 473 mL	26
Cappuccino	Grande 473 mL	14
Flat White	Grande 473 mL	18
Vanilla Latte	Grande 473 mL	37
Caramel Macchiato	Grande 473 mL	35
Café Mocha	Grande 473 mL	43
Hot Chocolate	Grande 473 mL	43
Cold Drinks		
Iced coffee, unsweetened & no milk	Grande 473 mL	0
Coffee Frappuccino Beverage	Grande 473 mL	46
Chocolate Cookie Crumble Crème Frappuccino	Grande 473 mL	52





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Blended Beverage  Iced Black Tea Lemonade  Grande 473 mL  23  Iced Matcha Tea Latte  Grande 473 mL  121  Iced Passion Tango Tea  Grande 473 mL  Dragon Drink  Grande 473 mL  Bacon-Street Lemonade  Frood  Bacon, Gouda & Egg Sandwich  I sandwich  Sandwic		T	
Iced Black Tea Lemonade     Grande 473 mL     23       Iced Matcha Tea Latte     Grande 473 mL     21       Iced Peach Green Tea     Grande 473 mL     25       Iced Passion Tango Tea     Grande 473 mL     11       Dragon Drink     Grande 473 mL     26       Strawberry Acai Lemonade     Grande 473 mL     35       Starbucks Refreshers Beverage     Food     35       Bacon, Gouda & Egg Sandwich     1 sandwich     35       Bacon-Style Turkey, Cheddar and egg white sandwich     28     28       Spinach, Feta and Egg white wrap     1 wrap     34       Bacon & Gruyere Egg Bites     1 piece     6       Egg white & roasted red pepper egg bites     1 piece     11       Chocolate Cake Pop     1 piece     12       Double Chocolate Brownie     1 brownie     55 g       Butter Croissant     1 croissant     27       Oat Bar     1 bar     43       Iced Lemon Loaf     1 slice     58       Banana Loaf     1 slice     49       Cinnamon Coffee Cake     1 slice     43       Blueberry Muffin with yogurt and honey     1 muffin     49       Petite Vanilla Bean Scone     1 scone     47       Crispy Grilled Cheese on     1 piece     48       Foundough	Strawberry Crème Frappuccino	Grande 473 mL	51
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Food  Bacon, Gouda & Egg Sandwich  Bacon-Style Turkey, Cheddar and egg white sandwich  Spinach, Feta and Egg white wrap  Spinach, Feta and Egg white wrap  Bacon & Gruyere Egg Bites  Egg white & roasted red pepper  egg bites  Chocolate Cake Pop  Double Chocolate Brownie  I brownie  S5 g  Butter Croissant  1 croissant  1 croissant  1 croissant  27  Oat Bar  Led Lemon Loaf  Banana Loaf  Cinnamon Coffee Cake  I slice  Silce  J slice  J	Strawberry Acai Lemonade	Grande 473 mL	35
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Artisan Charcuterie Box 1 piece 13	Sourdough		
	Tomato & Mozzarella on Focaccia	1 piece	48
Apples PR & Trail Mix Spack Box 1 piece 22	Artisan Charcuterie Box	1 piece	13
Apples, i b & Itali Min Shack box   I piece   32	Apples, PB & Trail Mix Snack Box	1 piece	32
Marble Cheese Stick 1 stick 0		1 stick	





### Starbucks™ Carb Counting Guide

### Top secret drinks:

White Drink: unsweetened Peach Citrus White Tea with a splash of heavy cream, two to four pumps of sugar-free vanilla syrup, no water and light ice

Carb count: 11 grams

**Low-carb London Fog:** Earl Grey tea with a shot of heavy whipping cream and a pump of sugar-free syrup Carb count: 5 grams

**Low-carb Caramel Macchiato:** a 'skinny' caramel macchiato. Top the cup with steamed unsweetened almond milk and the caramel drizzle is up to you!

Carb count: 15 grams for 1 Grande

**Iced Pineapple Black Tea Infusion:** Black tea infusion + apple, orange peel, licorice root, chamomile pollen, and citric acid infused. Use sweetener (Stevia, Splenda) to sweeten it or drink it unsweetened (no carbs!) Carb count: o grams

**Tall Iced Unsweetened Tea** in a Trenta or Venti Cup – add more water and ice!

Carb count: o grams

**Tall Strawberry Acai Refresher and** *in α Venti or Trentα* cup – add more water and ice!

Carb count: o grams

Espresso-Banana Protein Smoothie: whey protein, a banana, a shot of espresso, ice and water

Carb count: 30 grams

DIY 'Light' Caffe Vanilla Frappuccino:

Ask for no whip Switch to almond milk Skip the classic/coffee frappucino syrup, ask for the light version

