

## Coffee calories

Can't get enough of those milky lattes? Addicted to espressos? Never mind dreaming of sipping on a creamy cappuccino? You may just be drinking one right now! Want to cool off with frozen iced flavoured drinks?

The coffee shop experience provides all-inclusive relaxation and enjoyment in a cupō complete with heart-jolting caffeine. These drinks may be convenient and satisfying, but they are also packed with hidden kilojoules and may contribute to a stubbornly expanding waistline.

As so many of us often have 'drink amnesia', meaning we tend to "forget" about the kilojoules we consume from our beverages throughout the day! Therefore we thought it apt to bring the nutritional value of these drinks to your attention. When watching our weight, many of us make the mistake of not counting or considering what we drink as part of our daily energy quota. We are not implying that we should all abandon our favourite cuppa. After all, this newsletter concept was conceived over a decaf skinny cappuccino! If we want to manage our energy levels and weight then it is a good idea to have an informed awareness about what we are drinking.

***If you thought you were being nutritionally virtuous by having a coffee drink instead of McDonald's, think again! A large Cafè Mocha with whipped cream can pack on 1500 kilojoules, equivalent to a cheese burger!***

### How many kilojoules should we consume?

An average, sedentary person between the ages of 20 and 50 needs:

Female:

7000 kJ a day to maintain weight

5000 kJ to lose weight

Male:

10 000 kJ to maintain weight

8 000 kJ to lose weight

**Consider the nutritional breakdowns of our favourite coffee beverages below. To put them into context it will help to keep the following in mind:**

**Approximate energy value for snacks (about 2 snacks per day):**

**Female: 250kJ**

**Male: 400kJ**

Large cappuccino (400ml no cream):

Energy: 840kJ

Equivalent to:

1.5 slices of bread

1.5 teaspoons of fat

Mocha chocca or hot chocolate (300ml):

Energy: 1070kJ

Equivalent to:

2.5 slices of bread

2 teaspoons of fat



Flavoured café lattes (300ml):

Energy: 900kJ

Equivalent to:

2 slices of bread

1.5 teaspoons of fat

Chai tea with milk (300ml)

Energy: 960kJ

Equivalent to:

2 slices of bread

1.5 teaspoons of fat

**FOOD FOR THOUGHT:** Many of the drinks above provide 4 times the recommended energy for a snack for a lady trying to lose weight! Therefore, don't give up these drinks all together but rather be aware that they do contribute to your energy intake and to not consume them with complete abandon!

\* Nutritional values averaged from Wimpy, Nestle and Kuaia products. Based on low fat (2%) milk with no added sugar.

### Did you know?

Coffee's main ingredient is caffeine and even though coffee can contain more than 300 other active ingredients, only 1 of these ingredients - i.e. the vitamin Niacin - has some nutritional value! During the bean roasting process Niacin is produced, BUT you would need to drink at least 15 cups of coffee per day to get in your minimum daily requirement of the vitamin!

### Healthier choices...

- ✔ Limit caffeinated beverages to less than 2-3 servings per day
- ✔ Go for small cups not the supersize me jumbo mugs!
- ✔ Ask for skim milk - this alone can save you about 250kJ and 10g of fat per serving. Ask for 'skinny' drinks!
- ✔ Go for froth not cream
- ✔ Don't add extra sugar to flavoured drinks
- ✔ Have a lighter meal such as a salad if you want to indulge in a creamy drink
- ✔ Experiment with novel products such as chai tea with hot water or one of the novel new Red roibos range products.