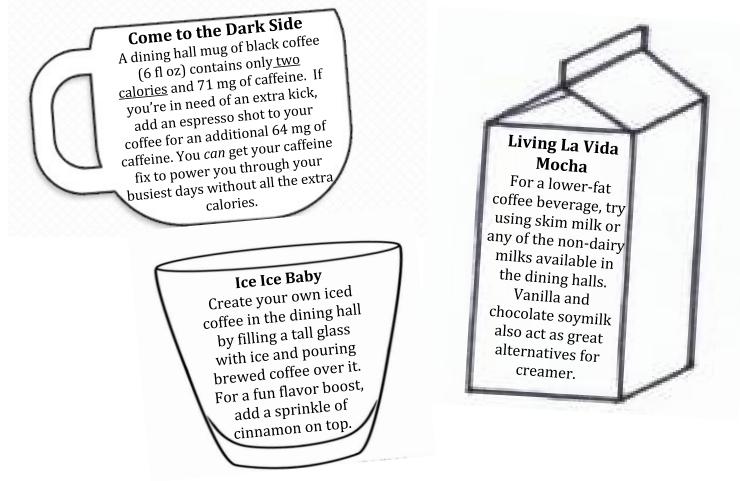


Let's be honest, the average "cup of joe" just doesn't cut it anymore. Specialty coffees like lattes, macchiato, and cold brews are taking the world by storm. One thing people may not realize when ordering their "*Triple, Venti, Soy, no-foam Latte*" is the extra calories, fat, and sugar that are often added by upgrading from regular black coffee. Luckily, you can utilize the dining halls' assorted coffee selections to help limit those hidden extras found in luxury coffees from Starbucks and Dunkin' Donuts. Your waistline and wallet will thank you for giving your favorite *boujee* drink a brew-tiful makeover!



Maybe she's born with it, maybe it's caffeine

Revised by: Christina Constantinou Reviewed by: Dr. John Worobey-Department of Nutritional Sciences References: 2015-2020 Dietary Guidelines: Answers to Your Questions. (2016, January 07). Accessed April 9, 2017, from https://www.choosemyplate.gov/2015-2020-dietary-guidelines-answers-your-questions United States Department of Agriculture Agricultural Research Service . (n.d.). Retrieved April 14, 2017, from https://www.choosemyplate.gov/add/chou/42777fred=8manu=8lfsect=8format=8count=8manu=508offset=8count=6manu=508offset=8count=5manu=508offset=8count=5manu=508offset=8count=5manu=508offset=8count=5manu=508offset=

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