

CareHere!

# R☕OTHINK

## YOUR COFFEE DRINK

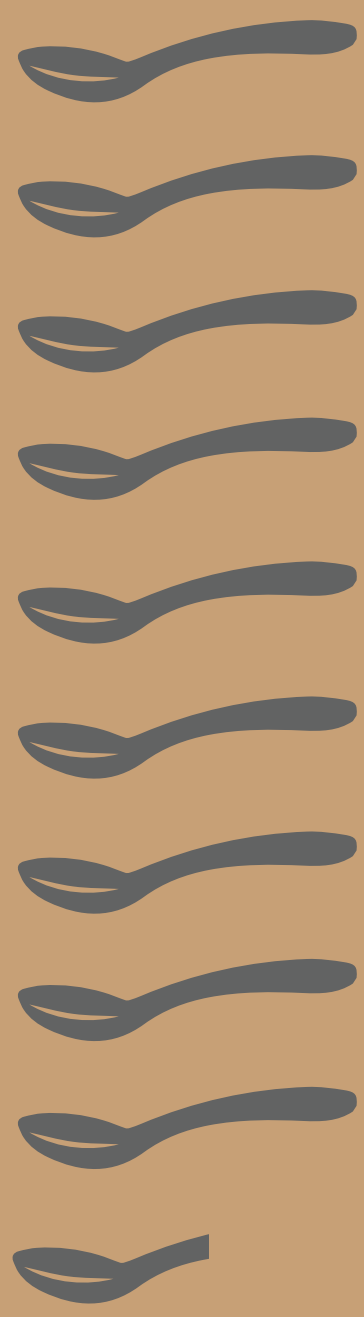
Most people should consume no more than 6-9 teaspoons of added sugars per day.

**Sugar contains calories and in excess, can lead to weight gain.**

Contact your CareHere Health Coach for more information about maintaining a healthy weight.



**Large**  
Vanilla Latte



9<sup>1/2</sup> tsp.



**Large**  
Cappuccino  
Frappe



10<sup>1/2</sup> tsp.



**Large**  
Caramel Swirl  
Iced Coffee



12 tsp.



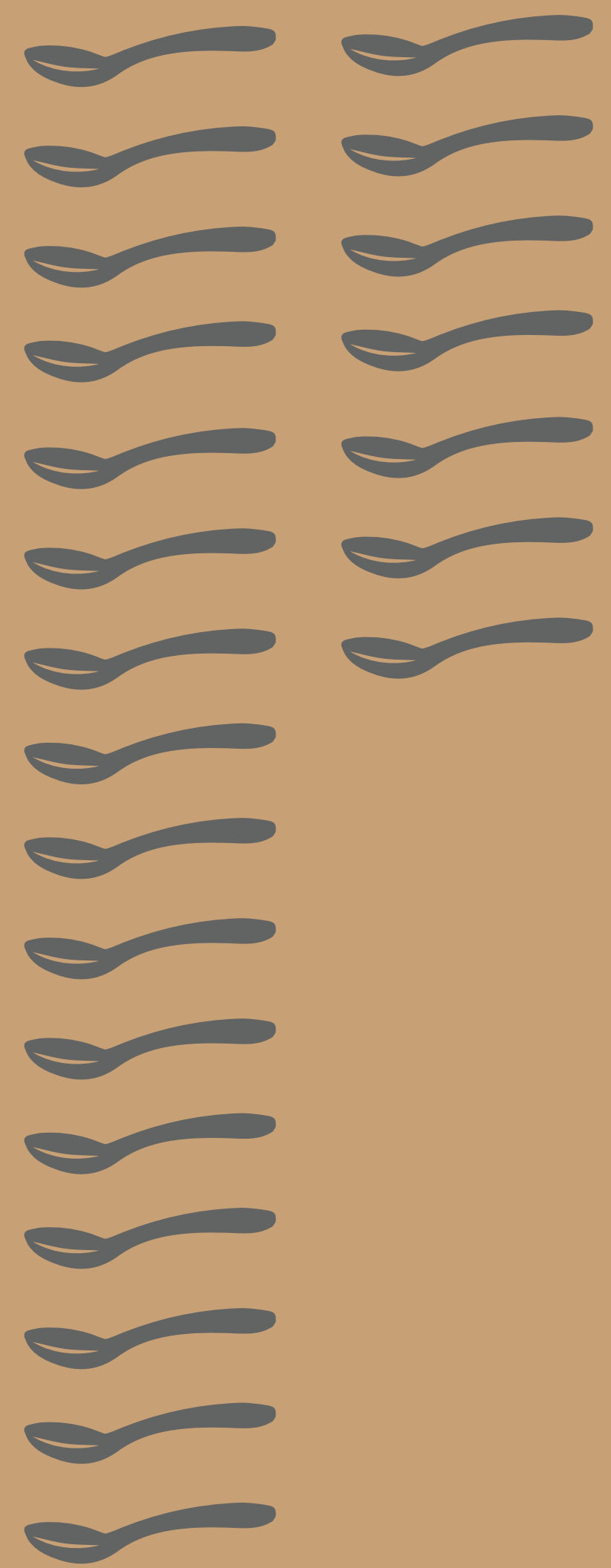
**Medium**  
Fast Food Frozen  
Mocha Frappe



17<sup>1/2</sup> tsp.



**Large**  
Frozen  
Cappuccino



23 tsp.

 = 1 teaspoon of sugar