Espress’ Yo-self

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!

Come to the Dark Side
A dining hall mug of black coffee (6 fl oz) contains only two calories and 71 mg of caffeine. If you’re in need of an extra kick, add an espresso shot to your coffee for an additional 64 mg of caffeine. You can get your caffeine fix to power you through your busiest days without all the extra calories.

Living La Vida Mocha
For a lower-fat coffee beverage, try using skim milk or any of the non-dairy milks available in the dining halls. Vanilla and chocolate soymilk also act as great alternatives for creamer.

Ice Ice Baby
Create your own iced coffee in the dining hall by filling a tall glass with ice and pouring brewed coffee over it. For a fun flavor boost, add a sprinkle of cinnamon on top.

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