

Cutting the fat from your favorite brews

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(HealthDay)—Whether it's to get your day going, a way to curb your appetite, or just a taste you love, you might insist on your daily coffee fix.

But depending on what you add to it, that cup of joe can easily skyrocket from zero [calories](#) into the hundreds. And that could be as much as a third of your daily allotment if you're dieting.

You don't have to give up the coffee—just rethink your drink. When choosing a blended drink, the easiest change is the cup size. Scale down from large to medium and you cut out a quarter or more of the calories. Downsize to small and you've cut the calories in half. Or ask for a shot of sugar-free hazelnut or almond syrup in a regular coffee to get a flavor for next-to-no calories.

Maybe fancy flavors aren't your thing. But if you typically douse your coffee with cream and sugar, you can get dramatic savings by switching to skim or low-fat milk and a no-calorie sweetener. You'll cut 200 calories and can still enjoy a large serving.

Or order your cappuccino or latte "with no-fat foam" to get skim milk's calcium and a rich taste without the fat of whole milk or cream.

Can't sacrifice that frozen frap? Shave off up to 100 calories by skipping the whipped [cream](#) topper. Ask your server if there's a fat-free version to cut out another 100-plus calories.

Be sure to visit the website of your favorite coffee chain and look for the nutritional information on all its different drinks. There might be a great swap that you'll find as satisfying as your "usual."

But just remember that if you have more than one fancy coffee drink a day, even downsizing won't be enough to keep the calories from eating into your food allowance.

More information: For more tips to make all your beverages healthier, read [Rethink Your Drink](#) from the U.S. Centers for Disease

Control and Prevention.

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