



Tim Hortons Medium Double Double Coffee

Overall Score: 2.5/10

A Canadian favourite—2 sugars, 2 cream

Nutrition	1 / 10
Serving Size	Medium (425 mL)
Calories	212
Total fat	12 g
Saturated fat	8 g
Trans fat	0.4 g
Cholesterol	46 mg
Sodium	46.2 mg
Total carbohydrate	22 g
Dietary fiber	0 g
Sugars	22 g
Protein	2 g
Caffeine	205 mg
Ingredients	Tim Hortons Original Blend Coffee (100% Arabica Coffee), White Sugar , 18% Cream (milk, cream, dextrose, sodium citrate, disodium phosphate, carrageenan, locust bean gum)
Quality	3/ 10
Added Ingredients	Although having one to two medium cups of coffee is acceptable, adding ingredients to your coffee can do more harm than good. With 22 grams of added sugar, you would be hitting your total added sugar limit without much room for other food. With 8 grams of saturated fat you would be having almost half of your total saturated fat limit in a cup of coffee.
Availability	9/ 10
Cost (*prices may vary)	\$1.85
Where to Buy	Tim Hortons

Scores	Nutrition	Availability	Quality
0-5	Poor, high amount (values over recommended daily value percentages) of sugar, trans fat, animal saturated fats and/or salt	Pricey, not found in most stores	Low nutrient profile, highly processed ingredients, high amounts of preservatives and/or additives
6-7	Just meets recommended daily value percentages.	Somewhat pricey, available in some stores	Satisfactory nutrient profile, contains some processed ingredients, preservatives, and/or additives
8-10	Healthy, low amount of sugar, salt, trans fat, animal saturated fats, preservatives and/or additives; high fiber, protein	Reasonably priced, widely available	Rich nutrient profile, organic ingredients, natural flavours, very low to zero additives and preservatives