



Starbucks Pumpkin Spice Latte

A fall favourite of many Starbucks lovers, the Pumpkin Spice Latte is reviewed. Is it healthy or not? Read on to find out.

Nutrition	1 / 10
Serving Size	Grande (16 fl oz)
Calories	420
Total fat	18 g
Saturated fat	10 g
Trans fat	0.5 g
Cholesterol	60 mg
Sodium	220 mg
Total carbohydrate	52 g
Dietary fiber	0 g
Sugars	50 g
Protein	14 g
Ingredients	Milk, Pumpkin Spice Sauce [Sugar, Condensed Skim Milk, Pumpkin Puree, Contains 2% Or Less Of Fruit And Vegetable Juice For Color, Natural Flavors, Annatto, Salt, Potassium Sorbate], Brewed Espresso, Whipped Cream [Cream (Cream, Milk, Mono And Diglycerides, Carrageenan), Vanilla Syrup (Sugar, Water, Natural Flavors, Potassium Sorbate, Citric Acid)], Pumpkin Spice Topping [Cinnamon, Ginger, Nutmeg, Clove, Sulfiting Agents].
Quality	1/ 10
Labels	Although it contains 45% of your recommended daily value for calcium it also contains 100% of your daily limit for sugar. Extremely limited nutritional value.
Availability	6/ 10
Cost (*prices may vary)	\$ 5.56 for a Grande
Where to Buy	Starbucks

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