

# Keto Guide to Calculating Macros at Starbucks

By /u/TunaFace2000

Hot Espresso Drinks			
Size	Espresso Shots (1 oz ea.)	Syrup Pumps (1/4 oz ea.)	Milk (oz, before steaming)
Short	1	2	6
Tall	1	3	8
Grande	2	4	10
Venti	2	5	12

Cold Espresso Drinks						
Size	Espresso Shots (1 oz ea.)	Syrup Pumps (1/4 oz ea.)	1st Line (oz)	2nd Line (oz)	3rd Line (oz)	Top of cup (oz)
Tall	1	3	4	6	8	12
Grande	2	4	6	8	10	16
Venti	3	6	8	10	14	20
Trenta	3	7	12	16	X	30

Background info:

- 1 shot of espresso = 5 calories, 1 carb
- 1 pump of SF syrup = 0 calories, 0 carbs
- For **iced espresso drinks** syrup is added, then espresso, then milk to the [top black line on the cup](#) (this is the 3rd line on all cups except Trenta which only has 2 lines).
  - Example: a grande SF vanilla latte would have 2 oz espresso, 1 oz SF vanilla, and then milk of your choice to the top line. In this example, that would be 10 oz – 3 oz = 7 oz of milk. Just look up the info for 7 oz of whatever milk you ordered.
- For **iced americanos** espresso is added, then water to the top line. For **iced americanos with milk** espresso is added, then water to the 2nd line, and milk to the top line. Hot and iced americanos, flat whites, and latte macchiatos all have **1 extra shot** than other espresso drinks of the same size (e.g. grande size has 3, not 2).
- For **black iced coffee** syrup is added (or not, your preference), then coffee to the top line. For **iced coffee with milk** syrup is added, then coffee to the 2nd line, then milk to the third line.
- The number of syrup pumps for iced espresso drinks is the same for **iced teas**. The number of syrup pumps in hot espresso drinks is the same for **hot teas**. For **tea lattes**, the amount of milk in any given size is the same as the amount of milk in *one size smaller* for an espresso drink (e.g. a grande black tea latte will have about 8 oz of milk).