



## Coffee— Watch Those Added Calories!

Coffee, like many other foods, has caused many differences of opinion in the health and food world. Claims that it causes cancer, heart attacks, infertility, or then the next reports are that it reduces the risk of Parkinson's disease or even diabetes. All this information is confusing and we are left not sure if we should give up our cup of Joe!

What we do know about coffee is that it is habit forming and is mildly stimulating. Habitual coffee drinkers admit to becoming cranky or having a headache if they miss their usual cup. Every day, Americans drink more than 300 million cups of coffee. Good news for Starbucks, but how can we make an intelligent decision?

With coffee, as with anything, the general rule is moderation. However, with all the health claims, many of us forget that coffee is often not the only problem. With so many specialty coffee drinks available, coffee becomes the vehicle for sugar, cream, and many other flavors that the big companies tempt us with in the morning (or afternoon!). This can quickly turn coffee into a haven for extra calories, fat, and sugar.

Let's look at some of the coffee additions. Cream, if used in your coffee, can add up in calories quickly. Two tablespoons of cream are 40 calories, 3.4 g of fat and 17% saturated fat. Two tablespoons of non-dairy creamer weighs in at 90 calories, 4.5 g of fat and 29% saturated fat. Have two or three cups of coffee with cream added and suddenly the calories for the day are gone! There are so many flavored creamers to choose from and those add up in calories too. What about the sweeteners? A teaspoon of sugar is light at 16 calories each, but how often do you stop at one? And again, once there are a few cups, you have had breakfast with just the calories from your coffee.

We haven't even covered the specialty drinks! Looking at the Starbucks' menu and nutritional evaluation of the drinks leads me to believe that even when we think we're doing well, sometimes we take in more than we should. A standard cup of black coffee has 5 calories. Add in soy milk, low fat milk, or flavored syrup and the average number of calories is about 150. A few specialty drinks were as many as 508 calories! The Grande caramel macchiato is 222 calories and 4.8 g fat. Think you're doing better with the Grande low fat cappuccino? It's still 144 calories and 4.8 g fat. Ok, then try the soy Grande cocoa. That's a

### Coffee without extra calories

- ? Walk to the coffee shop
- ? Try a plain coffee, black, or espresso
- ? Avoid flavored coffees or creamers
- ? If you want it flavored, order a smaller size.
- ? Use non fat milk

## Revenge of the Caperberry

So what is a caper? A caper is a pickled bud of a wild Mediterranean bush that actually has been used for centuries! They are quite tart and offer a nice lemony flavor to many different dishes. I use them liberally in my turkey piccata. I also like to add them to Mediterranean type salads. Capers come in many different sizes; however, the non-pareils are favored. Capers are quite high in sodium; one tablespoon can pack in as much as 500 mg! If you are watching your sodium intake, skip the capers or give them a good rinse. Otherwise, they don't have much nutritional value, but they do add a nice flavor to dishes.

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whopping 286 calories and 10 g fat. Sounds like returning to the standard cup of Joe may be the best bet!

Coffee does have a lot of antioxidants and according to some recent research; it's shown to decrease the risk of Parkinson's disease. But remember, the best way to cut down on disease risk is to keep the waistline in check. With the calories adding up so quickly at the coffee bar, it might be better to skip the trip. Or try non-fat milk and a teaspoon of sugar. After a week of two, taste buds start to enjoy the taste of black coffee without the added calories. Or, if nothing else, at least walk to the local coffee shop to burn off the calories!

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## Turkey Picatta

Turkey Scallops in a Lemon, Wine, and Capers Sauce

- 8 4 oz. turkey breast cutlet
- ½ cup flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoon olive oil
- 1 ½ cup white wine (reduce to 2/3 cup)
- 4 cup (s) chicken broth (reduce to 2 cups)
- ½ cup chicken stock (for slurry)
- 2 teaspoon cornstarch
- 2 lemon, zested & juiced
- ½ cup parsley, fresh, minced
- ¼ cup capers, drained (reserving 1 tsp. juice)

Season the flour with salt and pepper. Dredge the turkey cutlets in the flour. In a skillet or sauté pan, brown the cutlets on both sides, in the olive oil over medium-high heat, until cooked through. Remove the cutlets from the pan and set aside.

To the pan add the white wine, reduced to 2/3 cup, and the chicken stock, reduced to 2 cups. Then add the lemon juice to taste (approximately 2 Tbsp.). Add the cooked turkey cutlets to the pan and cook for about 8 to 10 minutes. When the sauce starts to thicken, remove the turkey from the skillet. Add the caper juice, and then the cornstarch mixed with 1/2 cup of chicken stock. Bring to a boil and let the sauce thicken and clear. Add the turkey back to the sauce and top with the capers, parsley and lemon zest. Serve.

## Nutrition Facts

Makes 8 servings.

Per serving:

221 calories

7 g fat

1.6 g saturated fat

1000 mg sodium

29 g protein



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