



# Mission In Motion

Health & Wellness  
Tip of the Week



March 25, 2013



Has your coffee gone beyond basic black? A plain cup of coffee has only a couple of calories and zero fat, but when you “dress it up” with sugar, milk or cream, the calorie, fat and sugar count can make a big difference. If you like cream in your coffee, try replacing it with fat-free milk. A “skinny” 16-ounce latte made with skim milk has no fat and 160 calories, compared to 14 grams of fat and 260 calories in a regular 16-ounce latte.

Source: Mayo Clinic Online Resources



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