

Coffeemate	Calories	Fat Calories	Sat Fat Grams	Carbs	Protein
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Original

Original	1T	20	10	0	2	0
Girl Scouts Caramel & coconut	1T	35	15	0	5	0
Girl Scouts Thin Mints	1T	35	15	0	5	0
Amaretto	1T	35	15	0	5	0
Belgian Chocolate Toffee	1T	35	15	0	6	0
Café Caramel Macchiato	1T	35	15	0	5	0
Café Mocha	1T	35	15	0	5	0
Café White Chocolate Caramel Latte	1T	35	15	0	5	0
Cinnamon Van Crème	1T	35	15	0	5	0
Coconut Crème	1T	35	15	0	5	0
Crème Brûlée	1T	35	15	0	5	0
Eggnog Latte	1T	45	10	0	8	0
French Vanilla	1T	35	15	0	5	0
Hazelnut	1T	35	15	0	5	0
Irish Crème	1T	35	15	0	5	0
Italian Sweet Crème	1T	35	15	0	5	0
Natural Bliss Low fat Chocolate	1T	20	10	0.5	3	0
Natural Bliss Sweet Cream	1T	35	15	1	5	0
Natural Bliss Vanilla	1T	35	15	1	5	0
Pecan Praline	1T	35	15	0	5	0
Peppermint Mocha	1T	35	15	0	5	0
Peppermint Mocha	1T	35	15	0	5	0
Pumpkin Spice	1T	35	15	0	5	0
Vanilla Caramel	1T	35	15	0	5	0
Vanilla Nut	1T	35	15	0	5	0
Warm Cinnamon Sugar	1T	35	15	0	5	0

Low Fat

Original Low Fat	1T	10	5	0	2	0
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Fat Free

Original Fat Free	1T	10	0	0	1	0
French Vanilla Fat Free	1T	25	0	0	5	0
Hazelnut Fat Free	1T	25	10	0	5	0
Italian Sweet Crème Fat Free	1T	25	0	0	5	0

Sugar Free

Caramel Macchiato Sugar Free	1T	15	10	0	2	0
French Vanilla Sugar Free	1T	15	10	0	2	0
Hazelnut Sugar Free	1T	15	10	0	2	0
Italian Sweet Crème Sugar free	1T	15	10	0	1	0
Peppermint Mocha Sugar Free	1T	15	10	0	2	0
Vanilla Caramel Sugar Free	1T	15	10	0	2	0

Land O'Lakes Half and Half

		Calories	Fat Calories	Sat Fat Grams	Carbs	Protein
<u>Regular</u>	1T	20	15	1	0.5	0.5
<u>Low Fat</u>	1T	12.5	7.5	0.5	0.5	0.5
<u>Fat Free</u>	1T	10	0	0	1.5	0.5



International Delight	Calories	Fat Calories	Sat Fat Grams	Carbs	Protein
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Original

Almond Joy	1T	35	15	1	6	0
Amaretto	1T	35	15	1	6	0
Caramel Macchiato	1T	35	15	1	6	0
Cinnabon	1T	35	15	1	6	0
Cold Stone Churro Caramel	1T	35	15	1	6	0
Cold Stone Founder's Favorite	1T	35	15	1	6	0
Cold Stone Hot For Cookie	1T	35	15	1	6	0
Cold Stone Sweet Cream	1T	35	15	1	6	0
French Vanilla	1T	35	15	1	6	0
Hazelnut	1T	35	15	1	6	0
Heath	1T	35	15	1	6	0
Hershey's Chocolate Caramel	1T	35	15	1	6	0
Irish Crème	1T	35	15	1	6	0
Peppermint Mocha	1T	35	15	1	6	0
Pumpkin Spice	1T	35	15	1	6	0
Southern Butter Pecan	1T	35	15	1	6	0
Vanilla Caramel Crème	1T	35	15	1	6	0
White Chocolate Macadamia	1T	35	15	1	6	0
White Chocolate Mocha	1T	35	15	1	6	0
York Peppermint Pattie	1T	35	15	1	6	0

Fat Free

Caramel Macchiato Fat Free	1T	30	0	0	7	0
French Vanilla Fat Free	1T	30	0	0	7	0
White Chocolate Mocha Fat Free	1T	30	0	0	7	0

Sugar Free

French Vanilla Sugar Free	1T	20	15	1	1	0
Hazelnut Sugar Free	1T	20	15	1	1	0



Baileys	Calories	Fat Calories	Sat Fat Grams	Carbs	Protein
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Original

French Vanilla	1T	35	15	1	5	0
Hazelnut	1T	35	15	1	5	0
Caramel	1T	35	15	1	5	0
Irish Crème	1T	35	15	1	5	0
Crème Brulee	1T	35	15	1	5	0
Toffee Almond Cream	1T	40	15	1	5	0
Latte Macchiato	1T	25	15	1	5	0
Triple Sweet	1T	35	15	1	5	0
Brown Butter Pecan	1T	40	15	1	6	0
Mudslide	1T	35	15	1	5	0
Vanilla Brown Sugar	1T	35	15	1	5	0
White Chocolate Raspberry Swirl	1T	35	15	1	5	0

Fat Free

French Vanilla Fat Free	1T	25	0	0	5	0
Irish Crème Fat Free	1T	25	0	0	5	0

A Comparison by:
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