
Coffee News

Posted by Researcher - 2008/11/10 21:55

Last January, after I visited Dr. Gates, I determined to give up on calories where I could.

One of the things I tried was giving up my syrupy coffee creamer (80 to 100 calories per serving) for half 'n half (35 calories per serving).

Recently I have been buying the sugar-free creamers from Coffeemate and International Delight. These have only calories per serving! Plus, they taste as good as the regulars (I'm not a fan of the fat-free varieties).

I hope this tip can save others calories, too.

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Re:Coffee News

Posted by soonergal - 2008/11/11 07:22

Well... as our church's resident Barista and producer of coffee beverages (of course I use non-fat, hormone-free milk and whip), I'm like "say what?!?! Shhhhhhh!!!!" LOL!!

BUT.... as an MDS patient and person who doesn't desire to "find" the pounds I've "lost" with this incredible program... I say "Good On Ya, Mate!!!"

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Re:Coffee News

Posted by CAKERS60 - 2008/11/11 09:42

Well I use no cream or sugar in my coffee..use to use them both and gave up the sugar and then gave up the cream and finally gave up the coffee.

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Re:Coffee News

Posted by Researcher - 2008/11/24 22:05

I would love to give them up. The creamers make it seem like I'm drinking a candy bar every morning!

In the book, The Omnivore's Dilemma, these creamers are more accurately called "coffee whiteners." They're mostly corn syrup.

If I write any more, I'm going to start feeling like a hypocrite.

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Re:Coffee News

Posted by CAKERS60 - 2008/11/25 08:28

Researcher maybe youuu will talk yourself out of using the creamers if you keep writing about.

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Re:Coffee News

Posted by Kitten18 - 2009/01/29 14:27

I got use not using milk or cream in my coffee. I read some articles (can't remember which one..) that coffee can curb your appetite and buzz your energy. well, I understand it caused by the caffeine but I don't think that is the best idea to curb appetite. I know some super models used to only drinking black coffee and eating grapes to drop their weight

drastically..lol.. that's crazy.. I don't think I could ever do that.

Re:Coffee News

Posted by drkbrneyes2001 - 2009/02/08 12:42

Hi all, I have to say that is the only thing I haven't changed in my diet. I have 2 cups of coffee before work with half/half and splenda. I just cannot give it up. I have tried the fat free half/half and skim milk, it's just yucky to me. I love my half/half coffee's. Now when the doc's I work for get the staff starbucks, I splurge and get the skinny carmel latte. a tall one is 90 cal's. But it's not that often that we get it from work. maybe twice a month for a treat. anyhow, love my coffee !! ;)

regarding your comment on the models, that made me laugh, I always heard they drank diet coke and smoked alot so they wouldn't be putting food in their mouths, just the nasty cigies! haha:laugh:

Re:Coffee News

Posted by CAKERS60 - 2009/02/08 19:14

Nance me either not giving up my coffee..did for a while but missed it so got it again but I drink it black..have a good week

Hugs
Carol

Re:Coffee News

Posted by soonergal - 2009/02/09 09:13

I order my coffee online at saintscoffee.com

Every time I place an order, 30% of the profits go directly to set up feeding stations for orphans in Swaziland and Russia. I figure I might as well help them while enjoying an incredible cup of coffee. They're the ones I order from for our church's coffee bar.

I LOVE their Saint Katherine's blend. It is sooooo smooth and not bitter at all. They fluid roast their beans, which means they're roasted with hot air and so they never burn in the barrel forming tar and junk on them (which is what most of the big companies do because it's quicker). I also like their Apurumac blend which is a decaf. Haven't tried anything else... but I won't be changing the brand.

We fed 75 orphans last month... so cool!

Re:Coffee News

Posted by drkbrneyes2001 - 2009/02/09 22:41

That is really awesome Ro ! It's always a pleasure to hear of someone helping out others ! Thank you for doing that !
Hugs, Nanc :)