

## The Dunkin Menu

The nutrition information for Dunkin Donuts is available on their website at:

<https://www.dunkinonuts.com/aboutus/nutrition/>

Here are a few details about some of their popular menu items.

- **Smoothies:**
  - All small smoothies have 68-70 grams of sugar = 17-17.5 teaspoons of sugar.
  - All medium smoothies have 103-104 grams of sugar = 25.75-26 teaspoons of sugar.
  
- **Coolattas:**
  - Coffee Coolatta with Cream (16 ounces) has 22 grams of fat, 14 of which are saturated fat.
  - Vanilla Bean Coolatta (16 ounces) has 17 grams of fat, 15 of which are saturated fat, and 69 grams of sugars = 17.25 teaspoons.
  - Tropicana Orange Coolatta (16 ounces) has 87 grams of sugars = 21.75 teaspoons.
  
- **Bagels:**
  - Bagels range from 320-380 calories vs. English muffin with 160 calories.
  - The recommended upper limit for sodium **for the entire day** is 2400 mg. The Dunkin **salt bagel** contains 4520 mg.
  
- **Donuts:**
  - The Chocolate Frosted Cake Donut has 20 grams of fat and 360 calories vs. the **Chocolate Frosted Donut** with 9 grams of fat and 200 calories.
  - The Cinnamon Cake Donut has 20 grams of fat and 330 calories vs. the **French Cruller** with 8 grams of fat and 150 calories.
  - The Glazed Cake Donut has 19 grams of fat and 350 calories vs. the **Glazed Donut** with 8 grams of fat and 180 calories.
  - The donut Sticks have 420-530 calories and 29-30 grams of fat each.
  
- **Baked goods:**
  - Triple Chocolate Chip Cookie has 23 grams of fat per serving, 13 of which are saturated fat.
  - Peanut Butter Cup Cookie has 29 grams of fat per serving, 13 of which are saturated fat.
  - Muffins and croissants have 15-26 grams of fat per serving, except for the English muffin (1.5 grams) and the Reduced Fat Blueberry muffin (5 grams).

- **Sandwiches and salads:**

- The Sausage Egg Cheese Croissant sandwich has 690 calories and 51 grams of fat, 17 of which are saturated fat vs. Ham Egg Cheese English Muffin sandwich with 310 calories and 10 grams of fat, 5 of which are saturated fat.
- The Sausage Egg Cheese Biscuit sandwich has 610 calories and 43 grams of fat, 14 of which are saturated fat vs. Egg Cheese English Muffin sandwich with 280 calories and 9 grams of fat, 4.5 of which are saturated fat.
- The Pastrami Supreme sandwich has 48 grams of fat, 42 of which are saturated.
- The Oriental Salad has 35 grams of fat.