

# Coffee Creamer Comparison

*Make a smart choice for best health!*

Creamer	Serving Size	Calories	Fat	Saturated Fat	Protein	Sugars
French Vanilla Creamer	4 oz	280	12 g	0 g	0 g	40 g
Heavy Cream	4 oz	200	20 g	14 g	2.5 g	4 g
Coconut Milk	4 oz	180	18 g	15 g	0 g	1.5 g
Coffee-Mate Original	4 oz	160	8 g	0 g	0 g	0 g
Half and Half	4 oz	80	6 g	4 g	2 g	2 g
Whole Milk	4 oz	75	4 g	2.5 g	4 g	6 g
Silk Original Soy Milk	4 oz	55	2.3 g	0.3 g	4 g	3 g
Fat-Free Half and Half	4 oz	40	0 g	0 g	3.2 g	4 g
Ripple Original Unsweetened Plant-Based Milk	4 oz	37.5	2.5 g	0.3 g	4 g	0 g
Almond Breeze Original Almond Milk	4 oz	15	1.3 g	0 g	0.5 g	0 g

The packages often had different serving sizes listed in their Nutrition Facts, but this chart compares the same amounts of each creamer for the most straightforward evaluation, thanks to a little math.

Which creamer will you choose?