Cappuccino vs Latte (vsdiff.com)

Feature	Cappuccino	Latte
Coffee to Milk Ratio	1:1:1 (Espresso:Milk Foam:Steamed Milk)	1:3 (Espresso:Steamed Milk)
Milk Foam Texture	Thick, dense, and dry	Thin, light, and velvety
Taste Profile	Stronger coffee flavor, bold	Milder, creamier, sweeter
Serving Volume	150-180 ml (5-6 oz)	240-300 ml (8-10 oz)
Serving Style	Ceramic cup, equal layers	Glass or cup, latte art decorated
Caffeine Content	Standard single shot (approx. 64 mg)	Standard single shot (approx. 64 mg)
Origin	Italy, early 1900s	Italy, "Caffè latte"
Foam Thickness	2-3 cm thick foam layer	1 cm or less foam layer
Ideal For	Morning drink, stronger coffee experience	Smoother, all-day drinking experience

Source: https://vsdiff.com/cappuccino-vs-latte/