

## Mocha vs Latte (vsdiff.com)

Aspect	Mocha	Latte
<b>Core components</b>	<i>Espresso + <b>chocolate</b> + steamed milk</i>	<i>Espresso + steamed milk + light foam</i>
<b>Typical milk : espresso ratio</b>	Approximately <b>4:1</b> (varies)	Approximately <b>4-6:1</b> (depends on cup size)
<b>Flavor profile</b>	<b>Chocolate-forward</b> , sweeter, cocoa notes	<b>Milky</b> , creamy, coffee-forward
<b>Calories (8-12 oz)</b>	~200-400 kcal (with syrup/whole milk)	~120-220 kcal (with whole milk)
<b>Caffeine (single shot)</b>	~60-80 mg (per espresso shot)	~60-80 mg (per espresso shot)
<b>Common variations</b>	White mocha, mocha with dark chocolate, iced mocha	Flat white (less foam), latte macchiato, iced latte

Source: <https://vsdiff.com/mocha-vs-latte/>