

Bottled Iced Tea Drinks



Look for teas that contain less sugar.

A glass of iced tea is so simple, yet so refreshing on a hot afternoon. Enjoying the cool beverage can be as easy as twisting open a bottle or flipping a pop-top on a can. Iced tea quenches your thirst, but also offers a number of health benefits. While the kind of tea you brew yourself from loose or bagged tea is generally better for you than the premade stuff, these bottled drinks can fit into a balanced diet if you choose wisely.

Black and green tea contain phytochemicals shown to offer an array of health benefits. Drinking tea has been linked to reducing the risk of several types of cancer. It also appears to be beneficial for heart health by lowering cholesterol levels, as well as reducing risk of stroke. These non-herbal teas contain caffeine, but not nearly the amount found in coffee. It may increase mental alertness, but it shouldn't cause jitters or other problems associated with too much caffeine.

The main concern for bottled teas is sugar content. While sweetened teas can have as much sugar as sweetened sodas, you can find some that are more lightly sweetened or include no sugar at all.

Helpful Hints. When you're in need of some liquid tea refreshment, keep the following in mind.

- ▶ **Ingredient Scan.** Most bottled tea drinks list brewed tea first (or tea leaves second, after water) on their ingredients list. That's just how it should be. However, there are a few for which tea is the fourth, fifth, or even sixth ingredient listed, after sweeteners and artificial flavors and colors.
- ▶ **Serving Size Matters.** If you like your tea on the sweet side, you may want to limit your intake. Some popular teas come in 23-ounce cans, providing more than 200 calories and 12 teaspoons of sugar.
- ▶ **Keep it Simple.** Try to stick to basic iced tea. Those with fruit and other flavors added tend to contain less actual tea.
- ▶ **Skip the Salt.** While not normally an issue, a couple of products have as much sodium as a medium-sized fast food French fries. Be sure to check the nutrition facts.

—Heidi McIndoo, MS, RD

Bottled Iced Tea Drinks Nutritional Comparison

✓ = **EN's Picks.** As with all EN comparisons, this nutrition food chart provides only a sampling of products. Picks contain no more than 50 calories (3% DV), 55 mg sodium (2% DV), and 12 g sugar.



BOTTLED ICED TEA DRINKS (1 BOTTLE)	Serving Size (fl. oz.)	Calories	Carbs (g)	Sodium (mg)	Sugar (g)
Arizona Arnold Palmer Lite	12*	75	21	15	20
Arizona Green Tea with Ginseng & Honey	12*	105	27	15	26
Arizona Sweet Tea	12*	135	33	15	33
✓ Arizona Zero Calorie Green Tea with Ginseng	12*	0	<1	15	<1
Gold Peak Green Tea	18.5	140	36	40	35
Gold Peak Sweet Tea	18.5	190	48	50	48
✓ Honest Assam Black Tea	16	35	9	35	9
Honest Organic Honey Green Tea	16.9	70	19	15	19
Lipton Iced Tea Lemon	16.9	100	27	220	27
Nestea Diet Lemon Iced Tea	12	70	18	60	17
Nestea Raspberry Iced Tea	12	75	18	70	18
Pure Leaf Not Too Sweet Honey Green Tea	18.5	100	25	0	25
Pure Leaf Sweet Tea	18.5	160	42	0	42
Runa Lightly Sweet Raspberry Guayusa Tea	14	90	21	0	21
Snapple Half & Half	16	210	51	10	50
Snapple Peach Tea	16	160	40	10	39
Snapple Straight Up Sorta Sweet Honey Green Tea	18.5	90	22	10	21
Snapple Straight Up Sorta Sweet Rooibos	18.5	90	23	5	22
Snapple Straight Up Tea Sorta Sweet	18.5	90	22	5	21
Snapple Straight Up Tea Sweet	18.5	180	45	10	44
Steaz Slightly Sweetened Mint Iced Green Tea	16	80	20	20	20
Tazo Iced Green Tea	13.8	120	31	10	30
✓ Third Street Slightly Sweet Black Tea	14	50	12	10	12
Trader Joe's Sweet Tea	12*	90	24	15	24
Tradewinds Green Tea & Honey	12*	105	27	0	27
Tradewinds Sweet Tea	12*	105	29	8	29
✓ Evy Tea Peach & Ginger Flavor Peony White Tea	10	0	0	0	0
✓ Gold Peak Diet Tea	18.5	0	0	55	0
Lipton Diet Green Tea Citrus	16.9	0	0	170	0
✓ Pure Leaf Unsweetened Black Tea	18.5	0	0	0	0
✓ Runa Unsweetened Guava Guayusa tea	14	0	1	0	0
✓ Snapple Diet Half & Half	16	10	1	15	0
✓ Snapple Straight Up Tea Unsweetened	18.5	0	0	5	0
✓ Steaz Unsweetened Lemon Iced Green Tea	16	0	4	20	0
✓ Steaz Zero Calorie Raspberry Iced Green Tea	16	0	0	0	0
✓ Tea's Tea Unsweetened Black Tea	16.9	0	0	30	0
✓ Tea's Tea Unsweetened Jasmine Green Tea	16.9	0	0	40	0
✓ Tejava Original Black Tea	12*	0	0	0	0
✓ Trader Joe's Kettlebrewed Unsweetened Black Tea	12*	0	0	15	0
✓ Trader Joe's Unsweetened Green Tea	12*	0	0	15	0

Note: fl oz=fluid ounce, g=gram, mg=milligram, carb=carbohydrates, DV=Daily Value, Daily requirement based on 2,000 calorie/day diet. Source: product labels and manufacturer website. Note: Nutrient data is based on one bottle for all products (except for those marked*). *Larger, multiple serving bottles, thus nutrient data is based on designated portion size.