

# Healthy Tea Time in the Bottle

## Tea Drinks Nutrition Comparison

As with all EN comparisons, this is only a sampling of what's available. Products are listed alphabetically.

✓ = **EN's Picks.** Bottled tea drink picks contain no more than 75 calories (4% DV) and 8 g sugar. Coffee shop tea drink picks contain no more than 100 calories (5% DV) and 15 g sugar.

Tea Drinks	Serving Size (oz)	Calories	Carb (g)	Sugar (g)	Sodium (mg)	Fat (g)	Sat Fat (g)
<b>BOTTLED/CANNED</b>							
Arizona Green Tea with Ginseng & Honey	8	70	18	17	10	0	0
Arnold Palmer Half & Half Lite	8	50	14	13	10	0	0
Bolthouse Farms Perfectly Protein Vanilla Chai Tea	8	170	27	26	70	3.5	0.5
✓ Diet Snapple Plum-A-Granate	8	5	0	0	5	0	0
✓ Honest Tea Black Forest Berry	8	30	8	8	5	0	0
✓ Honest Tea Lori's Lemon Tea	8	30	8	8	5	0	0
✓ Honest Tea Peach Oo-La-Long	8	30	8	8	5	0	0
Honest Tea Pomegranate Red Tea with Gogi Berry	8	35	9	9	5	0	0
Lipton 100% Natural Green Tea Citrus	8	70	19	18	20	0	0
✓ Lipton Pure Leaf Diet Peach	8	0	0	0	0	0	0
Lipton Pure Leaf Honey	8	60	16	16	0	0	0
Lipton Pure Leaf Raspberry	8	80	20	20	0	0	0
Nantucket Nectars Half & Half	8	90	22	22	25	0	0
Snapple Lemon Tea	16	150	37	36	10	0	0
Snapple Raspberry Tea	16	150	37	36	10	0	0
Sobe Energize Green Tea	8	100	25	25	10	0	0
Steaz 100% Natural Black Tea Lemon	8	40	10	10	10	0	0
Steaz 100% Natural Green Tea Blueberry Pomegranate Acai	8	40	10	10	10	0	0
Steaz 100% Natural Green Tea Peach	8	40	10	10	10	0	0
Steaz 100% Natural White Tea Lime Pomegranate	8	40	10	10	10	0	0
Tazo Chai*	4	70	18	16	5	0.1	0
✓ Third Street Chai Black Tea Latte Authentic*	4	36	9	8	18	0	0
Third Street Festivus Chai*	4	65	17	16	18	0	0
Trader Joe's Sweet Tea	8	70	17	17	0	0	0
Trader Joe's Mango Green Tea	8	60	14	14	20	0	0
Trader Joe's Organic Green Tea Lemonade	8	80	20	20	35	0	0
Trader Joe's Pomegranate Green Tea	8	60	15	15	10	0	0
V8 Fusion Pineapple Mango Green Tea	8	50	13	10	60	0	0
V8 Fusion Raspberry Green Tea	8	50	13	10	60	0	0
<b>COFFEE SHOPS/BAKERIES</b>							
Caribou Coffee Black Thai Latte with 2% Milk, No Whip, Small	12	140	26	26	50	2.5	1.5
Caribou Coffee Iced Vanilla Rooibos Tea Latte with Skim Milk, No Whip, Small	12	120	26	26	65	0	0
✓ Caribou Coffee North Lite Black Thai Tea Latte, No Whip, Small	12	100	14	14	150	0.5	0
Dunkin Donuts Peach Flavored Sweetened Iced Tea	16	90	21	19	0	0	0
Dunkin Donuts Vanilla Chai	147	330	53	45	180	8	8
✓ Panera Acai Berry Green Tea, Regular	21	0	0	0	0	0	0
Panera Iced Chai Tea Latte	16	160	26	26	75	3.5	2
Panera Iced Infused Green Tea	21	130	33	32	10	0	0
Panera Chai Tea Latte	10	200	33	32	90	4	2.5
✓ Starbucks Tazo Black Shaken Iced Tea, Tall	12	0	0	0	0	0	0
Starbucks Tazo Black Shaken Iced Tea Lemonade, Tall	12	100	25	n/a	n/a	0	0
✓ Starbucks Tazo Shaken Iced Passion Tea, Tall	12	60	15	n/a	n/a	0	0
Starbucks Tazo Shaken Iced Tea Lemonade, Tall	12	100	25	n/a	n/a	0	0

Notes: fl oz= fluid ounce, g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, daily requirement based on 2,000 calorie/day diet. Source: package labels and company websites. \*Does not reflect additional calories and nutrients from added milk or milk alternatives.

Tea, whether black, green, or white, has been shown to provide tremendous health benefits, including protection against heart disease, cancer, diabetes, obesity, and more. But don't assume you're reaping all of those benefits if your tea drinking is limited to bottled tea drinks or jazzed up tea drinks from coffee or tea shops.

Brewed tea has no calories, fat, sugar, or sodium; however, many tea drinks contain additional ingredients, such as sugars and cream, that provide extra calories, fat and sugar that can negatively impact your weight or health if consumed in large quantities. Large tea drinks with whole milk and whipped cream can have up to 300 calories and more fat than a small order of French fries. And the added ingredients replace some of the actual tea in the drink. Fortunately there are plenty of tea drinks that can fit into a healthy eating plan.

**Helpful hints.** Here are our top tips for finding the best tea drink.

- **Keep it simple.** Check the ingredient list and choose those with as few ingredients as possible—ideally just tea, natural flavors, and perhaps a bit of sweetener. If ordering a tea drink in a coffee or tea shop, choose reduced-fat milk, and skip the whip and other toppings.

- **Be size-wise.** According to the nutrition facts labels on most bottled tea drinks, eight ounces (one cup) is a serving. But most provide at least twice that size in a container, meaning if you drink the whole bottle you're getting at least twice the calories, sugar, and sodium. Coffee shop tea drinks range in size from 12 ounces for a small to 21 ounces for a large.

- **Watch the added sugars.** The American Heart Association recommends no more than roughly six teaspoons of added sugars per day for women and about nine for men. Most of the sugar added to tea drinks is "added" sugar instead of naturally occurring sugars in foods such as fruit and milk. As you scan the amount of sugar on the label, keep in mind that four grams of sugar equals one teaspoon. There are several drinks that provide a day's worth or more of added sugar. Those labeled "lite" or "diet" usually contain artificial sweeteners. If these aren't your "cup of tea," check our list for tea drinks that naturally contain few calories. [EN](#)

—Heidi McIndoo, M.S., R.D.