



Shopper's Guide

Make it (Healthy) Iced Tea Time!



After water, tea is the most commonly consumed beverage in the world. Aside from pure enjoyment, drinking tea is linked with several health benefits. Here in America, 85 percent of that tea is iced; fortunately, the icy drink offers most of the same benefits as the steamy version. Drinking tea has been shown to possibly reduce the risk of stroke, heart disease, and gastrointestinal cancers, such as colon and rectal, as well as to lower cholesterol levels.

It's important to keep in mind that sweetened tea drinks are a source of calories and added sugar in your diet—sometimes providing just as much as sweetened soda! While tea drinks may play a role in a healthy diet, these sweet beverages shouldn't be something you consume in unlimited amounts. But, not all tea drinks are heavily sweetened; check out our top picks for the best choices.

Helpful hints. Keep these tips in mind before quenching your thirst.

- ▶ **Pay attention to serving size.** The nutritional information in our chart is for the suggested serving size on most tea drinks: 8 ounces. But most bottles are larger, providing more than a serving of tea. Since people usually finish the bottle by themselves, it leads to multiple servings being consumed at a time, potentially providing more than 200 calories and almost 14 teaspoons of sugar.
- ▶ **Check ingredients.** To get the benefits associated with tea, be sure you're getting real tea. Scan the ingredients and make sure genuine tea is listed at the top of the list so you don't end up with a tea-flavored drink.
- ▶ **Try a DIY.** You can easily make your own iced tea to your liking. Add one bag of your favorite tea—black, green, herbal, and beyond—to a cup of hot water, steep for 5 minutes, and pour over ice in a large glass. For a sweet twist, add a bit of your favorite fruit juice, or fruit puree. **EN**



—Heidi McIndoo, MS, RD

Bottled Tea Nutrition Comparison

✓ = **EN's Picks.** As with all **EN** comparisons, this is only a sampling of products. Picks contain no more than 30 calories (2% DV) and 1 g sugar for unflavored and 5 g sugar for flavored teas.

| Bottled Teas (8 ounces) | Calories | Carbs (g) | Sodium (mg) | Sugar (g) | Protein (g) |
|--|----------|-----------|-------------|-----------|-------------|
| UNFLAVORED | | | | | |
| Gold Peak Sweet Tea | 82 | 21 | 22 | 21 | 0 |
| ✓ Guayaki Yerba Mate Unsweetened Terere | 15 | 3 | 0 | <1 | 0 |
| ✓ Honest T Just Black Tea | 0 | 0 | 18 | 0 | 0 |
| ✓ Honest T Just Green Tea | 0 | 0 | 5 | 0 | 0 |
| ✓ Oi Ocha Dark Green Tea | 0 | 0 | 30 | 0 | 0 |
| ✓ Oi Ocha Unsweetened Green Tea | 0 | 0 | 30 | 0 | 0 |
| Pure Leaf Sweet Tea | 70 | 18 | 0 | 18 | 0 |
| ✓ Pure Leaf Unsweetened | 0 | 0 | 0 | 0 | 0 |
| Snapple Straight Up Tea | 40 | 10 | 2.5 | 9 | 0 |
| ✓ Suji Elements Cold Brew Tea Unsweetened Biodynamic Black | 3 | 1 | 0 | 0 | 0 |
| Tazo Iced Black Tea | 35 | 9 | 7 | 9 | 0 |
| Teas' Tea Black Tea Latte | 80 | 18 | 35 | 17 | 2 |
| Teas' Tea Matcha Green Tea Latte | 90 | 21 | 45 | 17 | 2 |
| ✓ Teas' Tea Unsweetened Jasmine | 0 | 0 | 30 | 0 | 0 |
| Third Street Slightly Sweet Black Tea | 50 | 12 | 10 | 12 | 0 |
| ✓ Third Street Unsweetened Green Tea | 0 | 0 | 10 | 0 | 0 |
| Trader Joe's Sweet Tea | 60 | 16 | 10 | 16 | 0 |
| ✓ Trader Joe's Unsweetened Green Tea | 0 | 0 | 10 | 0 | 0 |
| FLAVORED | | | | | |
| 365 Organic Mint Green Tea | 30 | 8 | 35 | 8 | 0 |
| Grammy Squibb's Classic Lemon Tea | 90 | 22 | 2 | 21 | 0 |
| ✓ Grammy Squibb's Unsweetened Lemon Tea | 5 | 1 | 0 | 0 | 0 |
| Gold Peak Lemonade Iced Tea | 95 | 24 | 22 | 23 | 0 |
| ✓ GT's Kombucha Hibiscus | 30 | 7 | 10 | 2 | 0 |
| ✓ GT's Kombucha Multi Green | 35 | 7 | 10 | 2 | 1 |
| ✓ GT's Kombucha Original | 30 | 7 | 10 | 2 | 0 |
| Guayaki Yerba Mate Mint Terere | 40 | 9 | 0 | 9 | 0 |
| Guayaki Yerba Mate Orange Exuberance | 60 | 14 | 10 | 14 | 0 |
| Guayaki Yerba Mate Raspberry Terere | 50 | 12 | 0 | 12 | 0 |
| Honest T Heavenly Lemon Tulsi Herbal | 30 | 8 | 18 | 8 | 0 |
| ✓ Honest T Moroccan Mint Green | 18 | 5 | 18 | 4 | 0 |
| Pure Leaf Raspberry | 80 | 20 | 0 | 20 | 0 |
| Steaz Iced Green Tea Superfruit | 40 | 9 | 10 | 9 | 0 |
| ✓ Steaz Iced Green Tea Unsweetened Lemon | 0 | 0 | 10 | 0 | 0 |
| Steaz Iced Green Tea with Coconut Water | 40 | 9 | 10 | 9 | 0 |
| ✓ Suji Elements Cold Brew Tea Honeybush Peach | 30 | 7 | 8 | 5 | 0 |
| Suji Elements Cold Brew Tea Jasmine Pomegranate | 45 | 12 | 0 | 8 | 0 |
| Tazo Lemon Ginger | 70 | 18 | 6 | 17 | 0 |
| Tazo Tea Lemonade | 81 | 20 | 6 | 17 | 0 |
| Trader Joe's Mango Flavored Green Tea | 50 | 12 | 10 | 12 | 0 |
| Xing Tea Blueberry | 60 | 16 | 20 | 16 | 0 |

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, Daily requirement based on 2,000 calories/day diet. Source: food packages and food company websites.