

The Taste



*and if you're Counting Calories
here are the real facts... from
an independent source...*

TEA MARKETING FACTS

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TEA'S CALORIE STORY

At the request of the Tea Council, the Miner Laboratories, Chicago, Illinois, scientifically examined 31 different varieties of hot and cold beverages and computed the caloric content of each. As the following table shows, tea without additives has significantly less calories than any of the other popular drinks.

Beverage	Approximate Calories Per 6 Fluid Ounce Serving
Grape Juice - Canned & Bottled	121
Milk	107
Grape Juice - Frozen	101
Orange Flavor Drink	95
Orange Juice - Fresh	94
Berry Flavor Drink	94
Orange Juice - Frozen	88
Super Coola	87
Root Beer	86
Lemonade - Frozen	86
Pepsi-Cola	86
Royal Crown Cola	83
Coca-Cola	78
Beer	59
Sugar Free Root Beer	19
Sugar Free Orange Drink	17
Coffee	11
Tea	4

Coffee and Tea served with the following flavorings:

6 ounces Hot or Iced Coffee 11 calories

- + 16 calories for each teaspoon of sugar
- + 30 calories for each 1/2 ounce of cream

6 ounces HOT COFFEE, 1 teaspoon of sugar and 1/2 ounce of cream, 57 calories

6 ounces ICED COFFEE, 1 1/2 teaspoons of sugar and 1 ounce of cream, 94 calories

6 ounces Hot or Iced Tea 4 calories

- + 16 calories for each teaspoon of sugar
- + 9 calories for each 1/2 ounce of milk
- + 2 calories for each 1/8 segment of lemon

6 ounces HOT TEA, 1 teaspoon of sugar and 1/2 ounce of milk, 29 calories

6 ounces ICED TEA, 1 1/2 teaspoons of sugar and 1/8 segment of lemon, 30 calories

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