

## Nutritional Content of Iced Coffee/Tea

### Ranking by sugar content then by calories

Brand	Variety	Type	Serving size (oz)	Calories (kcal)	Fat (g)	Sodium (mg)	Sugar (g)	Protein (g)	Caffeine present	Caffeine (mg)	Zero-calorie sweeteners	Artificial Colors
Starbucks	Low Calorie Iced Coffee + Milk	Light	8	36	1	15	2	1	Yes	80	*	*
Honest Tea	Assam Black Tea	Light	8	17	0	5	5	0	Yes	49	No	No
Honest Tea	Community Green Tea	Light	8	17	0	5	5	0	Yes	24	No	No
Honest Tea	Jasmine Green Energy Tea	Light	8	17	0	5	5	0	Yes	24	No	No
Honest Tea	Moroccan Mint Green Tea	Light	8	17	0	5	5	0	Yes	24	No	No
Starbucks	Light Espresso	Regular	7	70	4	50	5	3	Yes	120	Yes	No
Starbucks	Vanilla Light	Regular	8	69	2	67	7	5	Yes	69	Yes	No
Tazo	Organic Golden Amber	Light	8	29	0	6	8	0	No	0	*	*
Tazo	Organic Himalayan	Light	8	29	0	6	8	0	No	0	*	*
Tazo	Organic Jasmine Green	Light	8	29	0	6	8	0	No	0	*	*
Honest Tea	Black Forest Berry	Light	8	30	0	5	8	0	No	0	No	No
Honest Tea	Green Dragon Tea	Light	8	30	0	5	8	0	Yes	49	No	No
Honest Tea	Heavenly Lemon Tulsi	Light	8	30	0	5	8	0	No	0	No	No
Honest Tea	Lori's Lemon Tea	Light	8	30	0	5	8	0	Yes	49	No	No
Honest Tea	Peach Oo-La-Long	Light	8	30	0	5	8	0	Yes	24	No	No
Honest Tea	Honey Green Tea	Light	8	33	0	5	9	0	Yes	45	No	No
Honest Tea	Classic Green Tea	Light	8	30	0	5	9	0	Yes	24	No	No
Honest Tea	Mango Acai White Tea	Light	8	35	0	5	9	0	Yes	24	No	No
Honest Tea	Pomegranate Red Tea with Goji Berry	Light	8	35	0	5	9	0	No	0	No	No
Honest Tea	Raspberry Fields	Light	8	35	0	5	9	0	Yes	100	No	No
Tazo	Berry Blossom White	Light	8	35	0	6	9	0	Yes	22	*	*

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Tazo	Organic Iced Black Tea	Light	8	35	0	6	9	0	Yes	22	*	*
Tazo	Iced Passion	Light	8	41	0	6	9	0	No	0	*	*
Starbucks	Mocha Light	Regular	8	84	3	80	9	5	Yes	63	Yes	No
Starbucks	Vanilla Light	Regular	8	84	3	80	9	5	Yes	46	Yes	No
Honest Tea	Peach White Tea	Light	8	38	0	5	10	0	Yes	24	No	No
Honest Tea	Lemon Tea	Light	8	38	0	2	10	0	Yes	43	No	No
Lipton	White Tea and Pink Lemonade	Light	8	40	0	75	10	0	Yes	3	Yes	Yes
Lipton	Not Too Sweet Honey Green Tea	Regular	8	43	0	0	11	0	Yes	20	Yes	No
Gold Peak	Green Tea	Regular	8	60	0	17	11	0	Yes	9	No	No
Lipton	Iced Tea and Lemonade	Light	8	40	0	80	11	0	Yes	3	Yes	Yes
Nestea	Sweet Tea	Regular	8	45	0	45	11	0	Yes	*	Yes	Yes
Lipton	Iced Tea and Cherry Limeade	Regular	8	45	0	75	11	0	Yes	4	Yes	Yes
Peace Tea	Pink Lemonade Tea	Regular	8	50	0	20	11	0	*	*	Yes	No
Peace Tea	Sweet Lemon Tea	Regular	8	50	0	0	11	0	*	*	Yes	No
Nestea	Lemon	Regular	8	50	0	45	11	0	No	*	Yes	No
Nestea	Lemon	Regular	8	50	0	45	11	0	Yes	*	Yes	Yes
Nestea	Passion Fruit	Regular	8	50	0	45	11	0	No	*	Yes	No
Nestea	Pomegranate	Regular	8	50	0	45	11	0	No	*	Yes	No
Nestea	Pomegranate Passionfruit	Regular	8	50	0	45	11	0	Yes	*	Yes	No
Lipton	Not Too Sweet Peach Tea	Regular	8	43	0	0	11	0	Yes	25	No	No
Honest Tea	Half & Half	Regular	8	47	0	5	11	0	Yes	20	No	No

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Honest Tea	Raspberry Tea	Regular	8	47	0	5	12	0	Yes	32	No	No
Honest Tea	Sweet Tea	Regular	8	47	0	5	12	0	Yes	22	Yes	No
Lipton	Half and Half Tea Lemonade	Regular	8	45	0	85	12	0	Yes	13	Yes	No
Lipton	Peach Iced Tea	Regular	8	45	0	70	12	0	Yes	10	Yes	No
Fuze	Honey & Ginseng Green Tea	Regular	8	47	0	33	12	0	*	*	*	*
Ssips	Green Tea	Regular	6	50	0	5	12	0	No	0	No	No
Peace Tea	Green Tea	Regular	8	50	0	0	12	0	*	*	Yes	No
Peace Tea	Razzleberry	Regular	8	50	0	0	12	0	*	*	Yes	No
Peace Tea	Sno-Berry	Regular	8	50	0	0	12	0	*	*	Yes	No
Peace Tea	Texas Style Sweet Tea	Regular	8	50	0	0	12	0	*	*	Yes	No
Nestea	Green Tea	Regular	8	50	0	45	12	0	Yes	*	Yes	No
Nestea	Raspberry	Regular	8	50	0	45	12	0	Yes	*	Yes	Yes
Lipton	Raspberry Iced Tea	Regular	8	50	0	55	12	0	Yes	5	Yes	Yes
Fuze	Half Tea Half Lemonade	Regular	8	47	0	30	13	0	*	*	*	*
Lipton	Mango Iced Tea	Regular	8	45	0	65	13	0	Yes	4	Yes	Yes
Arizona	Arnold Palmer Lite	Regular	8	50	0	25	13	0	Yes	15	Yes	*
Arizona	Arnold Palmer Lite Green Tea Lemonade	Regular	8	50	0	25	13	0	Yes	8	Yes	*
Arizona	Lemon-Limeade Half and Half	Regular	8	50	0	10	13	0	Yes	15	*	*
Arizona	Lite Green Tea Lemonade	Regular	8	50	0	25	13	0	Yes	8	*	*
Arizona	Mango Half and Half	Regular	8	50	0	10	13	0	Yes	15	*	*
Arizona	Organic Green Tea	Regular	8	50	0	10	13	0	Yes	8	*	*
Arizona	Organic Pomegranate Green Tea	Regular	8	50	0	10	13	0	Yes	8	*	*

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Arizona	Organic Yumberry Green Tea	Regular	8	50	0	10	13	0	Yes	8	*	*
Arizona	Raspberry Half and Half	Regular	8	50	0	10	13	0	*	*	*	*
Arizona	Tropical Half and Half	Regular	8	50	0	5	13	0	Yes	15	*	*
Peace Tea	Caddy Shack	Regular	8	50	0	20	13	0	*	*	Yes	No
Peace Tea	Georgia Peach	Regular	8	50	0	0	13	0	*	*	Yes	No
Lipton	Honey Ginseng Iced Green Tea	Regular	8	50	0	80	13	0	Yes	7	Yes	Yes
Lipton	Lemon Iced Tea	Regular	8	50	0	70	13	0	Yes	5	Yes	Yes
Lipton	Peach Iced Green Tea	Regular	8	50	0	80	13	0	Yes	6	Yes	Yes
Lipton	Sweet Tea	Regular	8	50	0	65	13	0	Yes	5	Yes	Yes
Lipton	Green Tea with Citrus	Regular	8	50	0	70	13	0	Yes	10	Yes	No
Lipton	Iced Tea with Lemon	Regular	8	50	0	105	13	0	Yes	10	Yes	No
Lipton	White Tea with Raspberry	Regular	8	50	0	80	13	0	Yes	13	Yes	No
Starbucks	Vanilla	Regular	8	112	2	96	13	6	Yes	77	Yes	No
Arizona	Arnold Palmer Peach Half and Half Sweet Tea Lemonade	Regular	8	50	0	10	14	0	Yes	15	*	*
Arizona	Black and White Tea	Regular	8	50	0	10	14	0	Yes	15	*	*
Arizona	Black Tea with Ginseng	Regular	8	60	0	20	14	0	Yes	15	*	*
Starbucks	Mocha	Regular	8	107	2	85	14	6	Yes	77	Yes	No
Starbucks	Coffee	Regular	8	112	2	91	14	6	Yes	77	Yes	No
Fuze	Strawberry Red Tea	Regular	8	53	0	27	15	0	*	*	*	*
Two If By Tea	Original Sweet Tea	Regular	8	60	0	5	15	0	Yes	*	No	No
Sweet Leaf	Mint and Honey Green Tea	Regular	8	60	0	0	15	0	Yes	10	No	No
Starbucks	Caramel	Regular	8	80	1	15	15	1	Yes	84	*	*

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Starbucks	Iced Coffee+Milk	Regular	8	80	1	15	15	1	Yes	84	*	*
Starbucks	Vanilla Iced Coffee	Regular	8	87	1	15	15	1	Yes	84	*	*
Starbucks	Hazelnut	Regular	8	112	2	91	15	6	Yes	77	Yes	No
Starbucks	White Chocolate	Regular	8	112	2	91	15	6	Yes	77	Yes	No
XINGtea	Green Tea and Ginseng and Honey	Regular	8	60	0	20	16	0	*	*	No	No
XINGtea	Green Tea, Peach, and Honey	Regular	8	60	0	20	16	0	*	*	No	No
Sweet Leaf	Original	Regular	8	70	0	0	16	0	Yes	15	No	No
Snapple	Green Tea	Regular	8	65	0	60	17	0	Yes	15	No	No
Arizona	Asia Plum Green Tea	Regular	8	70	0	20	17	0	Yes	8	*	*
Arizona	Georgia Peach Green Tea	Regular	8	70	0	10	17	0	Yes	8	*	*
Arizona	Green Tea with Ginseng and Honey	Regular	8	70	0	20	17	0	Yes	8	*	*
Arizona	Peach Tea	Regular	8	70	0	10	17	0	Yes	15	*	*
Ssips	Lemon Iced Tea	Regular	6	70	0	10	17	0	No	0	No	Yes
Tazo	Lemon Ginger	Regular	8	70	0	6	17	0	No	0	*	*
Tazo	Organic Iced Green Tea	Regular	8	70	0	6	17	0	Yes	22	*	*
Starbucks	Espresso	Regular	7	140	6	70	17	4	Yes	125	No	No
Fuze	Sweet Tea	Regular	8	67	0	30	17	0	*	*	*	*
Lipton	Lemon	Regular	8	69	0	0	18	0	Yes	25	No	No
Arizona	Blueberry White Tea	Regular	8	70	0	10	18	0	Yes	6	*	*
Arizona	Mandarin Orange Green Tea	Regular	8	70	0	0	18	0	Yes	8	*	*
Arizona	Pomegranate Green Tea	Regular	8	70	0	10	18	0	Yes	8	*	*
Arizona	Red Apple Green Tea	Regular	8	70	0	20	18	0	Yes	8	*	*

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Arizona	RX Stress Herbal Tea	Regular	8	70	0	20	18	0	*	*	*	*
Two If By Tea	Blueberry Tea	Regular	8	70	0	5	18	0	Yes	*	No	No
Two If By Tea	Peach Tea	Regular	8	70	0	5	18	0	Yes	*	No	No
Sweet Leaf	Lemon	Regular	8	70	0	0	18	0	Yes	15	No	No
Sweet Leaf	Peach	Regular	8	70	0	0	18	0	Yes	15	No	No
Sweet Leaf	Raspberry	Regular	8	70	0	0	18	0	Yes	15	No	No
Tradewinds	Green Tea with Honey	Regular	8	70	0	0	18	0	Yes	*	No	Yes
Tradewinds	Half and Half	Regular	8	70	0	0	18	0	Yes	*	No	No
Snapple	Raspberry Tea	Regular	8	80	0	5	18	0	Yes	19	No	No
Lipton	Sweet Tea	Regular	8	69	0	0	18	0	Yes	25	No	No
Sweet Leaf	Citrus Green Tea	Regular	8	70	0	0	19	0	Yes	10	No	No
Tradewinds	Extra Sweet Tea	Regular	8	70	0	5	19	0	Yes	*	No	Yes
Lipton	Fruit Punch	Regular	8	70	0	55	19	0	No	0	Yes	Yes
Lipton	Lemonade	Regular	8	70	0	65	19	0	No	0	Yes	Yes
Lipton	Strawberry Melon	Regular	8	70	0	55	19	0	No	0	Yes	Yes
Gold Peak	Lemon	Regular	8	80	0	17	19	0	Yes	12	No	Yes
Lipton	Peach	Regular	8	78	0	0	20	0	Yes	25	No	No
Lipton	Raspberry	Regular	8	78	0	0	20	0	Yes	25	No	No
Snapple	Peach Tea	Regular	8	80	0	5	20	0	Yes	19	No	No
Two If By Tea	Raspberry Tea	Regular	8	80	0	5	20	0	Yes	*	No	No
SoBe	Green Tea	Regular	8	80	0	22	20	0	Yes	10	Yes	Yes

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XINGtea	Half and Half	Regular	8	80	0	20	20	0	*	*	No	No
Tazo	Black with Lemon	Regular	8	81	0	6	20	0	Yes	22	*	*
Tazo	Brambleberry	Regular	8	81	0	9	20	0	No	0	*	*
Tazo	Organic Black Lemonade	Regular	8	81	0	6	20	0	Yes	22	*	*
Tazo	Plum Pomegranate	Regular	8	81	0	6	20	0	Yes	13	*	*
Tazo	White Cranberry	Regular	8	81	0	6	20	0	Yes	22	*	*
Snapple	Lemon Tea	Regular	8	80	0	60	21	0	Yes	21	No	Yes
Snapple	Peach Green Tea	Regular	8	80	0	60	21	0	Yes	7	No	No
Gold Peak	Sweet Tea	Regular	8	80	0	23	21	0	Yes	12	No	Yes
Arizona	Cranberry Tea	Regular	8	80	0	10	21	0	Yes	15	*	*
Tazo	Black Mango	Regular	8	87	0	9	21	0	Yes	13	*	*
Tazo	Giant Peach	Regular	8	87	0	9	21	0	Yes	22	*	*
Tazo	Tazoberry	Regular	8	87	0	9	21	0	Yes	22	*	*
Gold Peak	Raspberry	Regular	8	87	0	23	21	0	No	0	*	Yes
Arizona	Raspberry Tea	Regular	8	90	0	25	22	0	Yes	15	*	*
Arizona	Strawberry Tea	Regular	8	80	0	10	23	0	*	*	*	*
Lipton	Sweet Iced Tea	Regular	8	80	0	65	23	0	Yes	19	No	Yes
Snapple	Sweet Tea	Regular	8	85	0	60	23	0	Yes	24	No	No
Arizona	Extra Sweet Green Tea	Regular	8	90	0	0	23	0	Yes	8	*	*
Arizona	Sweet Tea	Regular	8	90	0	20	23	0	Yes	15	*	*
Tradewinds	Lemon	Regular	8	90	0	0	23	0	Yes	*	No	Yes

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Tradewinds	Raspberry	Regular	8	90	0	0	23	0	Yes	*	No	Yes
Arizona	Arnold Palmer Half and Half Sweet Tea Pink Lemonade	Regular	8	90	0	10	24	0	Yes	15	*	*
Arizona	Lemon Tea	Regular	8	90	0	20	24	0	Yes	15	*	*
Gold Peak	Lemonade Iced Tea	Regular	8	93	0	23	24	0	Yes	12	*	Yes
Arizona	RX Energy Herbal Tea	Regular	8	100	0	10	25	0	Yes	30	*	*
Snapple	Iced Tea 'n Lemonade	Regular	8	110	0	5	26	0	Yes	8	No	No
Starbucks	Mocha	Regular	8	152	3	82	26	5	Yes	64	No	No
Starbucks	Caramel	Regular	8	169	3	88	27	5	Yes	58	No	No
Starbucks	Coffee	Regular	8	169	3	93	27	5	Yes	76	No	No
Starbucks	Vanilla	Regular	8	169	3	88	27	5	Yes	44	No	No
Starbucks	Dark Chocolate Mocha	Regular	8	164	3	166	28	6	Yes	41	No	No
Lipton	Extra Sweet Tea	Regular	8	108	0	0	28	0	Yes	32	No	No

\* Information unavailable