

Health Tip of the Month

Not to burst your bubble tea

- Bubble tea was first created in Taiwan but became a common trend among consumers in the U.S.
- Bubble tea has anywhere from 40-60 grams of sugar. There is 10-15 teaspoons of sugar in 16 oz. of bubble tea.
- The sugar may be from additional syrups, the Boba itself, or any added milk.

BOTTOM LINE: Think of bubble tea as a sugar sweetened beverage like a soda, juice, or lemonade. Drink sparingly to reduce sugar intake.

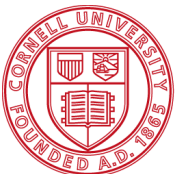
Suggestions to Decrease Sugar Content:

- Choose unsweetened teas or ask for less sugar/syrup.
- Ask for less Boba or low calorie milk options.
- Ask for unsweetened teas (i.e. iced black hibiscus) with fruit
- Drink low fat milk teas (i.e. Matcha green tea).



Common Ingredients Include:

1. Base: milk teas, fruit teas/punches, slushies.
2. Bubbles/Boba:
 - “Boba” are tapioca pearls which are a starch extracted from cassava roots.
 - These “pearls” are energy-dense, high in calories but low in fiber, protein, and other vitamins and minerals.
 - Other add-ins include flavored jelly
3. Added Sweetener: syrups, added sugar or milk/creamers.



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