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.

**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).