

Bubble tea is a fad beverage introduced in Taiwan in the 1980s. It is made with tea, milk or creamer, optional fruit flavorings and fat, chewy tapioca balls called pearls, usually black and about the size of small marbles. The pearls are mostly starchy cassava root and are sucked up from the bottom of the glass through a wide straw. Bubble tea is a treat, not a dietary staple. **Its healthy nutrients are offset by its very high calorie count.** Bubble tea got its name from the bubbles that froth on the top when the ingredients are shaken and the bubble shape of the tapioca pearls. Boba tea, tapioca tea, black ball tea and boba nai cha are a few of the tea's alternate names. The pearls are the gimmick in the drink, but tea is the basis for most versions. Bubble tea contains black or green tea, which has healthy antioxidants. Most bubble teas are made with black tea, which is more heavily processed than green tea. Black tea is lower in polyphenols, the antioxidants that have shown some value in treating or preventing serious degenerative diseases. Tea is diluted with water, milk, juice or flavorings in the drink, so its nutritional value is limited.

Ingredients vary, but the general composition of the tea is fairly standard. According to Calorie Lab, the tapioca pearls in the drink give you 3 g of fat, more than 30 mg of sodium and more than 2 mg of iron per cup. The USDA says the pearls are essentially fat-free and cholesterol-free and contain 11 g of phosphorus and 17 g of potassium per cup. Bubble tea made with regular milk has 6 g of fat, 45 g of carbohydrates and 1 g of protein per 16 oz. serving.

### **Fruit Boba**

Bubble tea flavored with fruit juice is a popular variant of the drink. An 8 oz. serving of mango bubble tea will give you 2 g of fat, 2 g of protein and 56 g of carbohydrates, An 8 oz. glass of mango bubble tea is about half the typical size of a bubble tea drink, with about half the total nutrients, including calories. What you get in those 8 oz. of fruit-flavored sweetness are 56 g of sugar from added sweeteners, tapioca pearls and fruit juice.

**Bobas are high in both calories and carbohydrates, so on their own they offer very little nutritional value: A single serving of boba (1/4 cup) contains 136 calories and 33 grams of carbohydrates. Since these tapioca balls don't really taste like anything, they're often soaked and stored in a sugar syrup to give them flavor.**

### Calories

A 12.7 fl. oz. serving of boba milk tea contains 207 calories, according to the MyFitnessPal website. When following a 2,000-calorie diet, this provides 10.3 percent of your daily calories. Any additional fruit juices or other flavorings increase the calories.

### Generic - Bubble/Boba Tea Drink

<b>Calories</b>	<b>207</b>	<b>Sodium</b>
Saturated	2 g	Total Carbs
Polyunsaturated	0 g	Dietary Fiber
Monounsaturated	0 g	Sugars
Trans	0 g	Protein

### Boba Milk Tea

<b>Calories</b>	<b>318</b>	<b>Sodium</b>
Saturated	0 g	Total Carbs
Polyunsaturated	0 g	Dietary Fiber
Monounsaturated	0 g	Sugars
Trans	0 g	Protein

## Nutrition Facts

### Generic - Bubble/Boba Tea Drink

1. Servings:

---

<b>Calories</b>	207	<b>Sodium</b>	12 mg
<b>Total Fat</b>	3 g	<b>Potassium</b>	114 mg
Saturated	2 g	<b>Total Carbs</b>	45 g
Polyunsaturated	0 g	<b>Dietary Fiber</b>	0 g
Monounsaturated	0 g	<b>Sugars</b>	22 g
Trans	0 g	<b>Protein</b>	1 g
<b>Cholesterol</b>	10 mg		
<hr/>			
<b>Vitamin A</b>	0%	<b>Calcium</b>	12%
<b>Vitamin C</b>	0%	<b>Iron</b>	0%


---

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

# Bubble Tea

## NUTRITIONAL FACTS ≈

Serving size: 1oz =28gm



	Calories	Carbs	Protein	Fiber	Fat
Mango	32	7	1	N/A	0
Watermelon	32	6	N/A	N/A	0
Honeydew	86	6	1	0	0
Red Bean	13	5	1	1.5	0
Chocolate	150	17	2	1	8
Banana	44	7	1	N/A	1
Passion Fruit	27	7	1	3	0
Almond	164	6	6.5	3	14.5
Taro	31	7	0	1	0
Milk	13	2	1	0	0
Honey	86	23.5	0.1	0.1	0
Sugar	108	28	0	0	0
Lychee	32	7	1	N/A	0
Mix Jelly	27	6	0	0.1	0
Tapioca	100	25	0	0	0



Nutritional Facts

CLASSIC FAVS	size	calories	protien	fat	carbs
		(kcal)	(g)	(g)	(g)
Tapioca Milk Tea	R	186	1	0	46
Bobaloca Coffee	R	259	2	11	37
Thai Milk Tea	R	303	2	7	58
Taro Milk	R	263	1	1	63
Honeydew Milk	R	296	3	2	93
Peach Ice Tea	R	179	0	0	24
Tapioca Milk Tea	L	254	1	0	63
Bobaloca Coffee	L	354	3	16	51
Thai Milk Tea	L	415	3	9	79
Taro Milk	L	360	2	1	87
Honeydew Milk	L	406	4	2	128
Peach Ice Tea	L	269	0	0	36

ICE TEAS	size	calories	protien	fat	carbs
		(kcal)	(g)	(g)	(g)
Strawberry	R	188	0	0	47
Peach	R	192	0	0	48
Mango	R	188	0	0	47
Green Apple	R	184	0	0	45
Kiwi	R	183	0	0	45
Strawberry	L	282	0	0	70
Peach	L	288	0	0	72
Mango	L	282	0	0	70
Green Apple	L	276	0	0	68
Kiwi	L	275	0	0	68

SLUSHES	size	calories	protien	fat	carbs
		(kcal)	(g)	(g)	(g)
Strawberry	R	354	0	0	47
Peach	R	358	0	0	48
Mango	R	354	0	0	47
Green Apple	R	350	0	0	45
Kiwi	R	349	0	0	45
Taro	R	366	1	1	68
Honeydew	R	281	2	2	88
Strawberry	L	531	0	0	71
Peach	L	537	0	0	72
Mango	L	531	0	0	71
Green Apple	L	525	0	0	68
Kiwi	L	524	1	0	68
Taro	L	542	2	1	91
Honeydew	L	374	3	2	118

SMOOTHIES	size	calories	protein	carb	fat
		(kcal)	(g)	(g)	(g)
Strawberry Banana	R	388	1	43	56
Strawberry Kiwi	R	361	1	31	63
Peach Mango	R	352	0	17	81
Peach Kiwi	R	330	0	18	74
Berry Pineapple	R	384	1	30	70
Strawberry Banana	L	581	2	65	84
Strawberry Kiwi	L	541	1	46	94
Peach Mango	L	528	1	26	122
Peach Kiwi	L	495	1	28	112
Berry Pineapple	L	576	1	45	105