

Rethink Your Boba



Do you know what is in your boba drink?

Creamer

- Calories \approx 285
- Carbs \approx 40g
- Fat \approx 15g
- Sugar \approx 10g

Sweetener

- Calories \approx 110
- Carbs \approx 30g
- Sugar \approx 30g



Tea

- Black Tea or Green Tea
- Calories \approx 0

Boba

- Calories \approx 140
- Carbs \approx 35g

*Nutrition facts is an approximate estimate of a milk tea with boba. Boba milk tea nutrition facts may vary upon location.

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Nutrition Overview of Boba Milk Tea

Carbs	Fat	Sugar	Calories
≈ 105g	≈ 15g	≈ 40g	≈ 535

As we can see, boba milk tea is extremely high in calories which comes from the carbohydrates in the boba, creamer and sweetener / flavoring.

Why is this information important?

- Knowing what is in your drink will allow you to “rethink” about drinking it.
- Too much sugar can increase your risk for heart disease and other complications.
- Eating or drinking a lot of calories can lead to excessive weight gain which can lead to obesity.

What can I do to be healthier?

- Ask if you can adjust the sweetness of your drink or remove it completely.
- Order your drink without the boba topping or ask if you may substitute it for another healthier topping.
- Ask for less creamer in your drink. Creamer is what is often used to make the tea into a “milk tea.” If your store uses milk, request less milk in your drink.



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