

Commercial Iced Teas - Calorie Content per 8 ounces and Sweeteners Used

Type of Tea	Container Size	Calories per 8 oz. serving	Sweeteners Used
Arizona Sun Brewed Lemon	23 oz. can	90 Calories	high fructose corn syrup (HFCS)
Arizona Southern Sweet Tea	23 oz. can	90 Calories	high fructose corn syrup
Arizona Plum Green Tea		70 Calories	high fructose corn syrup
Arizona Black Ginseng Tea		60 Calories	high fructose corn syrup
Arizona Raspberry Tea	23 oz. can	90 Calories	high fructose corn syrup
Arizona Arnold Palmer 1/2 & 1/2	23 oz. can	50 Calories	HFCS, acesulfame potassium, sucralose
Honest Tea Organic Green Tea w/Honey	16 oz. bottle	35 Calories	organic cane sugar, honey
Honest Tea Organic Peach White Tea	16 oz. bottle	40 Calories	organic cane sugar
Honest Tea 1/2 & 1/2	16 oz. bottle	48 Calories	organic cane sugar
Lipton Iced Tea w/Lemon	16 oz. bottle	70 Calories	sugar
Lipton Raspberry Iced Tea	16 oz. bottle	80 Calories	sugar
Lipton Green Tea/Honey	16 oz. bottle	60 Calories	sugar, honey
Lipton Diet Lemon Iced Tea	16 oz. bottle	0 Calories	acesulfame potassium, sucralose
Nantucket Nectars 1/2 & 1/2	17.5 oz. bottle	90 Calories	sugar
Nestea Iced Tea w/Lemon	20 oz. bottle	80 Calories	high fructose corn syrup
Nestea Red Tea, Pomegranate, & Passion Fruit	20 oz. bottle	50 Calories	HFCS, sucralose
Nestea Diet Iced Tea w/Lemon	20 oz. bottle	0 Calories	acesulfame potassium, aspartame, sucralose
Snapple Lemon Iced Tea	16 oz. bottle	80 Calories	sugar
Snapple Peach Iced Tea	16 oz. bottle	90 Calories	sugar
Snapple Raspberry Iced Tea	16 oz. bottle	80 Calories	sugar
Snapple Green Tea	16 oz. bottle	60 Calories	sugar
Snapple Diet Iced Tea	16 oz. bottle	0 Calories	aspartame