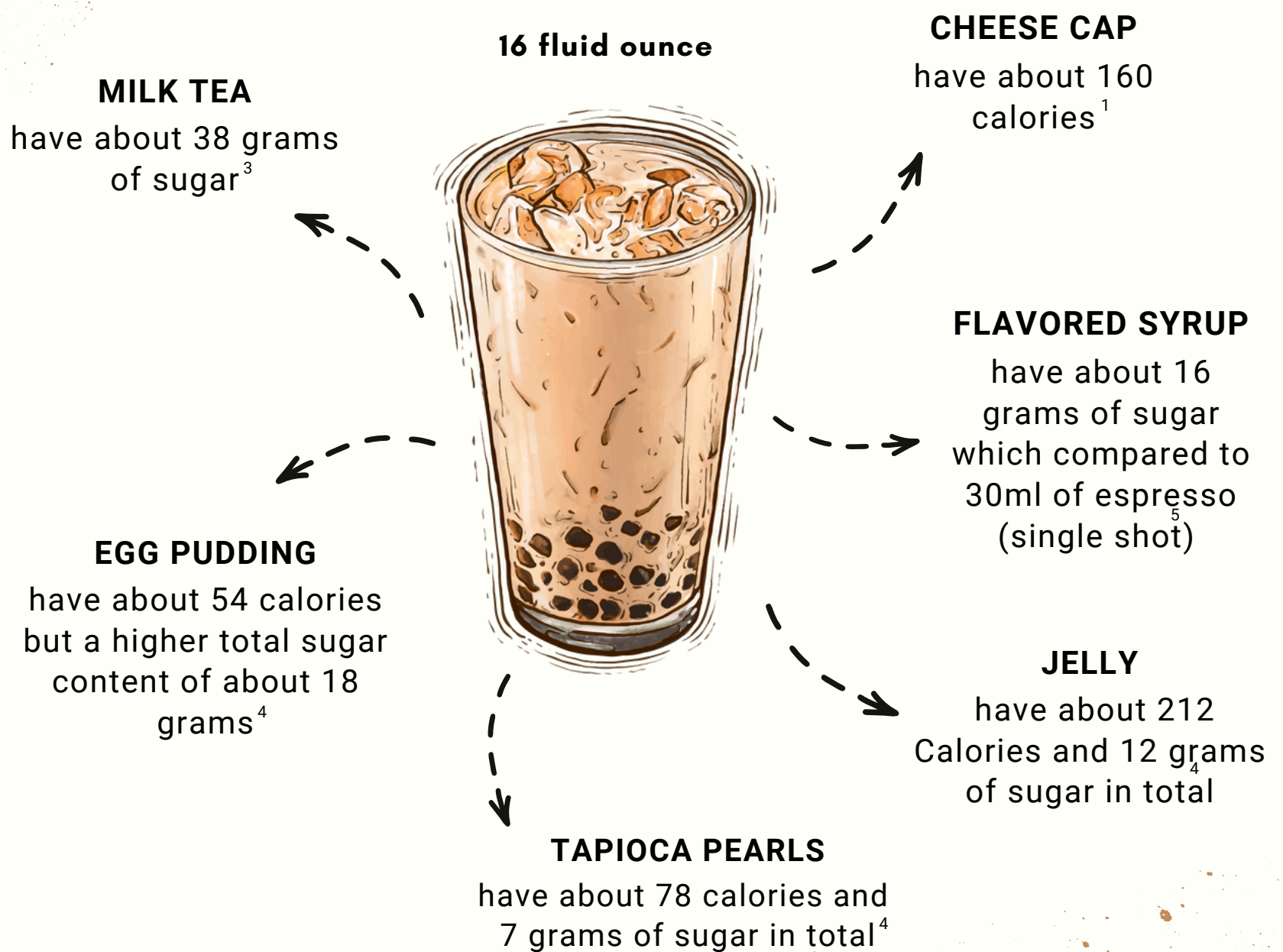


What is in your boba?

- The American Heart Association recommends **6 teaspoons** or **25 grams** of added sugar daily for women and **9 teaspoons** **36 grams** for men.
- Sugar contains **4 calories per gram**²
- Bubble tea contains about 200–450 calories in each drink. It **varies based on the flavor you choose!**³



Sources

1. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/how-much-sugar-is-too-much>
2. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/added-sugars>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5217910/>
4. <https://pha.berkeley.edu/2017/12/03/whats-in-your-boba/>
5. <https://www.bossenstore.com/collections/bubble-tea-concentrated-syrup/products/mango-syrup-new>
6. <https://www.honestfoodtalks.com/cheese-foam-tea/#:~:text=A%20serving%20of%20this%20rich,about%20460%20calories%20per%20serving.>

WHAT TO DO?

- Ask for less sugar 75%, 50%, 25%, or even lower percentages of sugar content
- Ask for less toppings
- Enjoy in moderation!