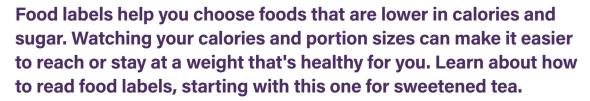
# Read the Food Label





Serving size and number of servings

The serving size is 8 ounces, which is half the bottle of tea.

2 Amount per serving

The amounts are for one serving. But as you can see here, one serving is sometimes much less than the amount in the whole bottle.

3 Calories

The amount of calories in one serving is here. The amount of calories in the whole bottle is twice that.

Carbohydrates and sugar

The amount of carbohydrates in one serving is here. The amount of sugar is shown under carbohydrates.

## **Sweetened Tea**

	<b>Nutrition</b>	Facts	
0	2 servings per container Serving size 8 fl oz (248g)		
2	Amount Per Serving  Calories	70	3
		% Daily Value*	
	Total Fat 0g	0%	
4	Saturated Fat 0g	0%	
	Trans Fat 0g		
	Cholesterol 0mg	0%	
	Sodium 10mg	0%	
	Total Carbohydrate 18g	7%	
	Dietary Fiber 0g	0%	
	Total Sugars 18g		
	Includes 18g Added Suga	ars <b>36</b> %	
	Protein 0g	0%	
	Vitamin D 0mcg	0%	
	Calcium 7mg	0%	
	Iron 0mg	0%	
	Potassium 32mg	0%	
	The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

## The choice is yours — compare!

Which one would you choose? Sweetened tea has a lot of calories, and all of the calories are from sugar. Read food labels to find low-sugar, low-calorie options.

Amount Per Serving  Calories	70
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	

### Sweetened tea

A bottle of sweetened tea has 140 calories and 36 grams of sugar.

Amount Per Serving Calories	0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate < 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	

### Unsweetened tea

Unsweetened tea has 0 calories and 0 sugar. Save calories: choose unsweetened tea, diet soda, sparkling water, or water.

\*Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.





