

Teas, Hot and Iced

NO ICE (Iced Tea, 2 gallon finish)

(FDA requires dispensed beverage reporting to be full cup capacity with no ice included)

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2,300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutrition advice; however individual needs may vary.	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol. (mg)	Sodium (mg)	Carbo hydrate (g)
	Hot Tea								
All Varieties & Flavors	per 8 fl oz. (237 ml)	0	0	0	0	0	0	0	0
Iced Tea									
Unsweet	30 fl oz. (887 ml)	10	0	0	0	0	0	0	0
Sweet 1.25 pound sugar (Lemonade Tea)	30 fl oz. (887 ml)	250	0	0	0	0	0	0	68
Sweet 3 pound sugar (Sweet Tea)	30 fl oz. (887 ml)	598	0	0	0	0	0	0	163

		Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Hot Tea								
All Varieties & Flavors	per 8 fl oz. (237 ml)	0	0	0	0%	0%	0%	0%
Iced Tea								
Unsweet	30 fl oz. (887 ml)	0	0	0	0%	0%	0%	0%
Sweet 1.25 pound sugar (Lemonade Tea)	30 fl oz. (887 ml)	0	68	0	0%	0%	0%	0%
Sweet 3 pound sugar (Sweet Tea)	30 fl oz. (887 ml)	0	163	0	0%	0%	0%	0%

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	Hot Tea								
All Varieties & Flavors	per 8 fl oz. (237 ml)	0	0	0	0	0	0	0	0
Iced Tea									
Unsweet	40 fl oz. (1,183 ml)	13	0	0	0	0	0	0	0
Sweet 1.25 pound sugar (Lemonade Tea)	40 fl oz. (1,183 ml)	333	0	0	0	0	0	0	90
Sweet 3 pound sugar (Sweet Tea)	40 fl oz. (1,183 ml)	797	0	0	0	0	0	0	217

		Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Hot Tea								
All Varieties & Flavors	per 8 fl oz. (237 ml)	0	0	0	0%	0%	0%	0%
Iced Tea								
Unsweet	40 fl oz. (1,183 ml)	0	0	0	0%	0%	0%	0%
Sweet 1.25 pound sugar (Lemonade Tea)	40 fl oz. (1,183 ml)	0	90	0	0%	0%	0%	0%
Sweet 3 pound sugar (Sweet Tea)	40 fl oz. (1,183 ml)	0	217	0	0%	0%	0%	0%