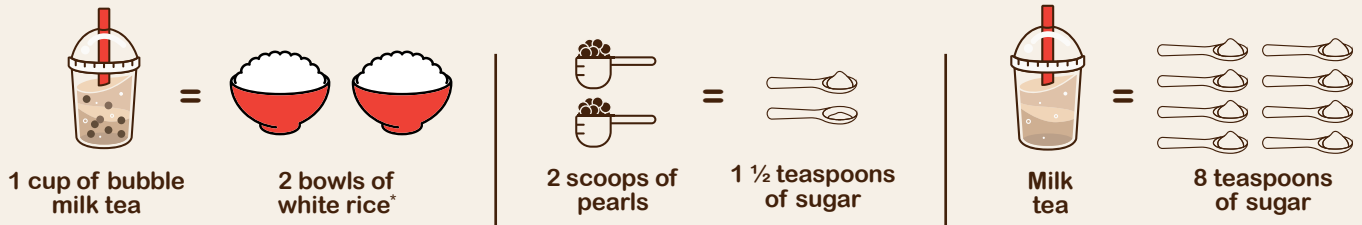


What's in a cup of bubble tea?

In consultation with Dr Martin Lee, Senior Consultant, Division of Nephrology, Department of Medicine, National University Hospital (NUH); Dr Leanne Leong, Consultant, Division of Nephrology, Department of Medicine, NUH; Dr Matthew D'Costa, Consultant, Division of Nephrology, Department of Medicine, NUH; and Ms Yong Xin Nee, Principle Dietitian at Dietetics, NUH.



*1 bowl of rice = 204 calories

Choose your bubble tea wisely

Indulgent favourites	Healthier alternatives
Milk tea with pearls (100 per cent sugar) 366 calories, 40g sugar	Fresh milk tea with pearls (no sugar) 217 calories, 15.6g sugar
Passionfruit tea without pearls (100 per cent sugar) 160 calories, 35g sugar	Black tea without pearls (no sugar) 0 calories, 0 sugar
Pearls 141 calories, 7g sugar	White pearls (konjac) 45 calories, 8g sugar
Coconut Jelly 124 calories, 30g sugar	Aiyu jelly (no sugar) 31 calories, 7g sugar

Smart bubble tea strategies

