

Prepared by NSF 2016 09 28

Nutrients	Per 100 ml Brewed Beverage			
	Black Tea*	Green Tea	Herbal Tea	Decaffeinated Tea
Calories	1	1	1	1
Fat (g)	0	0	0	0
Saturated Fat (g)	0	0	0	0
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	0	0	0	0
Sodium (mg)	3	1	1	3
Total Carbohydrates (g)	0.3	0	0.2	0.3
Dietary Fibre (g)	0	0	0	0
Sugars (g)	0	0	0	0
Protein (g)	0	0.22	0	0
Vitamin A (RE)	0	0	0	0
Vitamin C (mg)	0	0	0	0
Calcium (mg)	0	0	2	0
Iron (mg)	0.02	0.02	0.08	0.02

Source of data CNF 2909 USDA 14278 CNF 2916 CNF 4985

***Black Tea includes Orange Pekoe, Chai, Earl Grey, English Breakfast**

CNF = Health Canada's Canadian Nutrient File

USDA = National Nutrient Database for Standard Reference (US)