



Starbucks Chai Tea Latte

Overall Score: 2.5/10

Black tea, infused with cinnamon, clove, and other spices is combined with 2% milk.

Drinking Chai does have its health benefits as it is rich in herbs and spices, but commercialized beverages such as this one tends to be sugar-laden

Nutrition	1 / 10
Serving Size	Grande (473 mL)
Calories	240
Total fat	4.5 g
Saturated fat	2 g
Trans fat	0 g
Cholesterol	20 mg
Sodium	115 mg
Total carbohydrate	45 g
Dietary fiber	0 g
Sugars	42 g
Protein	8 g
Caffeine	95 mg
Ingredients	Milk, Water, Chai Tea Concentrate (An infusion of Water, Black Tea, Cardamom, Black Pepper, Ginger, Cinnamon, Cloves, Natural Flavours, Star Anise), Sugar, Honey, Ginger Juice, Natural Flavours, Vanilla, Citric Acid
Quality	1/ 10
	Extremely limited nutritional value. Exceeds the daily added sugar limit (Men: 37 g, Women: 25 g) and high in saturated fats.
Availability	6/ 10
Cost (*prices may vary)	\$4.75
Where to Buy	Starbucks

Scores	Nutrition	Availability	Quality
0 - 5	Poor, high amount (values over recommended daily value percentages) of sugar, trans fat, animal saturated fats and/or salt	Pricey, not found in most stores	Low nutrient profile, highly processed ingredients, high amounts of preservatives and/or additives
6 - 7	Just meets recommended daily value percentages.	Somewhat pricey, available in some stores	Satisfactory nutrient profile, contains some processed ingredients, preservatives, and/or additives
8 - 10	Healthy, low amount of sugar, salt, trans fat, animal saturated fats, preservatives and/or additives; high fiber, protein	Reasonably priced, widely available	Rich nutrient profile, organic ingredients, natural flavours, very low to zero additives and preservatives