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Name of the Bubble TeaCalories (500 ML or 16oz No sugar)Bubble Milk Tea276Brown Sugar Milk Tea252Bubble Fresh Milk Tea258Fresh Milk Tea90Milk Foam Green Tea228Milk Tea/Green Milk Tea108Matcha Latte144Green Tea0Oolong Tea0Wintermelon Lemon72Lemon Calamansi0Mixed Fruit Tea0Passionfruit Black Tea60Black Tea0Taro Fresh Milk132Taro Milk Tea150Chocolate Latte156Rose Milk Tea138Lychee Tea162Mango Fruit Tea168Honeydew Milk Tea366Passion Fruit Tea174Thai Milk Tea300Bubble Milk Tea660Brown Sugar Milk Tea620Bubble Fresh Milk Tea630Fresh Milk Tea350Milk Foam Green Tea580Milk Tea/Green Milk Tea380Matcha Latte440Green Tea200Oolong Tea200Wintermelon Lemon320Lemon Calamansi200Mixed Fruit Tea200Passionfruit Black Tea300Black Tea200Taro Fresh Milk420Taro Milk Tea450Chocolate Latte460Rose Milk Tea430Lychee Tea470Mango Fruit Tea480Honeydew Milk Tea810Passion Fruit Tea490Thai Milk Tea700Name of the Bubble TeaTotal Calories (500 ML or 16oz with half sugar)Bubble Milk Tea336Brown Sugar Milk Tea312Bubble Fresh Milk Tea322Fresh Milk Tea210Milk Foam Green Tea276Milk Tea/Green Milk Tea252Matcha Latte276Green Tea60Oolong Tea60Wintermelon Lemon168Lemon Calamansi60Mixed Fruit Tea60Passionfruit Black Tea160Black Tea60Taro Fresh Milk288Taro Milk Tea300Chocolate Latte324Rose Milk Tea276Lychee Tea336Mango Fruit Tea336Honeydew Milk Tea546Passion Fruit Tea348Thai Milk Tea420Name of the Bubble TeaTotal Calories (500 ML or 16oz with full sugar)Bubble Milk Tea396Brown Sugar Milk Tea372Bubble Fresh Milk Tea382Fresh Milk Tea270Milk Foam Green Tea316Milk Tea/Green Milk Tea252Matcha Latte288Green Tea120Oolong Tea120Wintermelon Lemon168Lemon Calamansi120Mixed Fruit Tea120Passionfruit Black Tea160Black Tea120Taro Fresh Milk288Taro Milk Tea300Chocolate Latte316Rose Milk Tea276Lychee Tea336Mango Fruit Tea352Honeydew Milk Tea516Passion Fruit Tea348Thai Milk Tea420ToppingCalories per ServingTapioca Pearls150Coconut Jelly50Grass Jelly30Red Bean120Aloe Vera60Sago100Pudding120Crushed Oreo60Taro Ball100Popping Boba35Passionfruit Jelly80No Topping0 How many calories are in boba? Is there a lot of calories in bubble tea? Will bubble tea make me gain weight? Is boba even healthy? How healthy is boba? Be honest. Have you asked yourself this at least once? Or maybe your best friend has brought up this question within the friend circle at least once. Either way, there always seems to be someone that brings up the question of how much calories are there in boba. Especially new bubble tea or boba drinkers. Weve been guilty of it too. The short answer, there is not as many calories in bubble tea or boba as youd think. But youre not here the short answer are you now. Lets break it down and see why there really isnt that many calories in a drink called bubble tea. Calories in boba, read below! First, we have to answer the question of what exactly is in your typical milk teas. Generally, bubble tea consists of 4 parts: the tea, the milk, the sweetener, and the tapioca pearls. Any great milk tea or bubble tea will have some sort of tea. Whether its made from your store-bought tea bags like Lipton black tea or the more fancy and organic way, actual tea leaves. Despite how the tea is steeped, the more important matter is that a tea base makes the whole bubble tea experience that much more delicious. Tea plays a very important role when making a bubble tea, if not the most important. In our opinion, the bitterness and depth of flavors from tea, mixed with a sweetener and milk are what make the bubble tea experience come full circle. The tea helps to balance out the silky smooth milk and the sweetener nicely. The tea is the base, just like how coffee is the base in a great latte. To add to the experience, milk is equally as important as the tea is. The milk used in bubble teas serves to give you that silky and smooth texture when sipping on a delicious milk tea. Without a good creamer, a flavor like Thai tea wouldnt be as great. Find a boba shop that truly prides itself in making delicious bubble teas with real milk and tea, youll be in for a treat. Sometimes its hard to come by these shops though. In general, the majority of the bubble tea shops you see take the shortcut. They usually make bubble tea with powder mix similar to this. Take honeydew tea for example. If you dont see real honeydew being chopped up in the blender, its safe to say that they use an alternative like powder. Shops use powder because its more cost-effective and quicker to make when ordered. In our humble boba opinion, making bubble tea without powder is the best for quality. Price may be more expensive but the freshness in the ingredients is hard to beat. In addition to tea and milk, the two most important ingredients in a great bubble tea, you have the sweetener. Usually, boba shops will use syrups of several different flavors in order to give you the sweet taste you desire. Especially in fruity bubble teas like strawberry bubble tea or mango bubble tea. However, some shops will opt for condensed milk instead or simple syrup. With condensed milk, youre getting two of the best worlds, creamy texture and sweetness added to your already great bubble tea. Heres a tip. When ordering bubble teas at your local boba shop, be sure to ask for 50 75% of sugar if youre not that big on sugary drinks. Boba tends to be on the sweeter side than bitter. If you like tasting the slight bitterness of authentic tea, be sure to opt for a lower percentage of sweetness in your bubble tea. Now the chewy bite of tapioca pearls. Sometimes it is a hit or miss for a great texture in boba pearls. If you order your bubble tea with pearls (sometimes people order without) this can make or break your entire experience. A good texture for boba is to have a chew that takes 8-15 bites to finish. Anything more or less is simply not that great. If you chew less than 8 times, your boba may actually be more starchy and break up too fast. Giving you a very bad texture almost like chewing bits of leftover rice. If you know, you know. If you chew anymore than 15 times, your boba is too chewy almost like gum. With each bite of boba pearls, it should break down naturally in 8-15 bites. Now that weve established the key ingredients that make up a great boba drink, lets dive into the calories of each part. We promise its not that bad. In the majority of teas, whether it is black tea, green tea, or some other herbal tea, there are hardly any calories. If anything, a typical homemade brew of tea is less than 5 calories at most. It doesnt matter if you use a tea bag or actual tea leaves, the boiled water that is later steeped into tea has little to no calories at all. This is part of the reason why bubble tea doesnt have many calories when you think about it. The base (the biggest part in terms of ingredients in boba) doesnt have many calories at all. Its the other ingredients or parts of the bubble tea that contain the calories but not as much as youd think. Since a normal 8oz cup of bubble tea typically has a small portion of milk, the calories wont add up too fast. In any cup of bubble tea, youre looking to have about 50 80 calories from dairy or milk. Now depending on what milk is used will determine whether your boba calories fall into the higher range or lower range. Some kinds of milk commonly used are regular milk, non-dairy milk, almond milk, or soy milk. Heres where it gets a bit tricky. Lets start with regular simply syrups or flavored syrups that boba shops tend to use often. Like any syrup, its mostly made of sugar and water boiled together. When counting the calories in 1 oz of simple syrup, youre looking at about 30 50 calories. Whereas condensed milk, you can expect to see around 100 130 calories per 1 oz of condensed milk. Being that it is a sweetened concentration of milk, the small amount packs a big punch when it comes to calories. But, with all the above so far your simple bubble tea is looking to be around 200 calories, which isnt too bad at all. (Like any good thing, balance is key!) Finally, in order to sum up the total amount of calories any typical bubble tea can have, we have to add in the tapioca pearls. Assuming youve ordered this with your bubble tea of course. Tapioca pearls are made of cassava starch, its full of carbohydrates. In terms of calories, youre looking around 100 135 calories worth of tapioca pearls in any normal-sized bubble tea. Typically bubble tea shops will scoop a cup of tapioca pearls that translates to the above calorie count. With all said and done, the total count for a normal-sized bubble tea is around 280 350 calories. Keep in mind some stores add more sugars to the flavors and some even add more boba pearls. So the calories can definitely creep upwards to 400 500 calories per drink. Feel free to go for the higher calorie count once in a while. At least your taste buds wont regret it!Now that youve read the above details in what goes into a normal bubble tea drink, do you think it was all that bad after all? We dont think it is. As long as there is moderation and youre not drinking bubble tea 3 times a day, you shouldnt have any worries. Life is about balance! Anyways, thanks for reading with talk boba and be sure to comment below. Did we fix your initial thoughts about bubble tea being too unhealthy or no? Let us know below and like always talk about boba, duh!Have a read at other popular articles below. Share copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Here's How Many Toys One Kid Really Needs, According to Experts Latest on SocialJoin Our 9+ Million Social FollowersFOLLOW USTrending NowOur Promise to You Our editorial guidelines ensure we provide you with trustworthy content that helps you raise the next generation of confident and compassionate kids.Learn About Our Editorial Process1Vetted and assigned by our team of experienced editors2Written by our vetted network of journalists and storytellers3Fact-checked and approved by the Expert Review Board4Updated regularly for accuracy and inclusivityThe Parents Expert Review Board reviews our content to confirm it is trustworthy, medically accurate, and reflects the most current thinking and perspectives on childhood and caregiving.Meet The Team Moving Beyond the Mental Load An Age-by-Age Guide to Teaching Kids 'Climate Resilience' These 10 Bounce Houses Will Keep My Kids Busy for Hours & Cost a Fraction of Pricey Rentals Bubble tea calories is a dreaded topic among boba lovers. Who wants to think about calories when they are sipping and chewing the delicious bubble tea elixir? But alas, bubble tea is quickly becoming a staple food item among many of its fans. Therefore, we need to be aware of the sweet treat's nutritional value. We need to ensure the calories fit into our daily diet as healthy customers. Besides, if we want to continue enjoying the tasty boba beverage, it would be good for us to understand how many calories are in the bubble tea we drink. This is so that we learn how to balance boba with our other meals throughout the day and week. The more we can factor in the delicious drink in our regular diet without compromising health, the more boba we can enjoy! Jump to: Today, boba drinks are no longer a mystery food item in both the East and the West. What started as a Taiwanese iced milk tea with chewy tapioca pearls has now evolved to become so colourful in flavours, ingredients as well as aesthetics. We boba lovers over the years have spoken for more diversity and healthier options. As a result, the boba stores have positively responded! Today, there are more healthy customisation choices available to its patrons than ever before. Because of that, the race towards making the healthiest bubble tea with low calories is an ongoing one. Disclaimer about the nutritional value standards For this article, we have compiled the nutritional value of popular bubble tea flavours and orders based on the findings of Hong Kong nutritionist Hayley Leung from Helpthy Wellness and Feibi, a Taiwan based nutritionist. Calorie values of the drinks below are based on 700 ml or 24 oz serving. Unless specified, we assume that all drinks are ordered at a full-sugar level.We refer to the amount of milk, sugar and toppings added based on the average serving of boba shops in Taiwan as per the referred analysis. The calorie counter for each ingredient may differ from one shop to another, but the figures provided here are to be taken as an approximation for comparative purposes. How Many Calories In Bubble Tea? First of all, let us start with the most basic bubble milk tea calories. It is made from black tea from bags or loose leaves soaked in hot water. Then, It is mixed with a milk base from a creamer. To finish off, tapioca pearls are added to the drink. We calculate that for a 700 ml or 24 oz serving of bubble milk tea, which is usually the large cup size in most boba shops, the total bubble tea calories are 700 kcal. This is for a full-sugar serving that contains 60 g of sugar. Lets assume that the daily maintenance calories for an average adult man are 2,500 kcal, and for an average adult woman are 2,000 kcal. In this case, one cup of 700 ml bubble milk tea would take about one-third of the daily required calorie intake. Accordingly, we could even consider a cup of the beverage as a meal replacement from a nutrition point of view. Therefore, we find this quite concerning as many boba fans consider the beverage as an after-meal treat! Popular boba tea calories based on one 700ml serving and popular levels of sugar (Full Sugar/Half Sugar/No Sugar) customisations. Calories may vary depending on different stores and toppings added. Based on Flavours What about the bubble tea calories of other flavours and variations? With different combinations of ingredients, the amount of energy packed into each variation would differ as well. For the popular Mudflip, the brown sugar bubble tea has calories of about 620 kcal. It has typically a lower calorie count than regular milk tea. Therefore, we infer that this is owed to the calorific difference between brown sugar and regular white sugar. We will discuss this in more detail in the section below. For fruit-based flavours, the calorie count typically drops. For example, passion fruit bubble tea calories are only at 300 kcal. The same goes for the calories in mango bubble tea and strawberry bubble tea. The main reason for this reduction is the reduced amount of milk and creamer used to make fruity boba drinks. Many fruits have their own distinct taste. Hence, we deduce that shops decrease the amount of these base ingredients to allow the customers to fully enjoy the fruity flavours. However, taro-based drinks have a calorie count that is quite high. If we remove the tapioca pearls, regular fresh milk tea has approximately 390 kcal. In comparison, taro milk tea has 490 kcal in one serving. The bubble tea calories of taro drinks would be fairly high if the chewy pearls were added in further. Based on Stores But what about the differences between stores? We were curious to find out if there would be a large disparity between different boba shops. Hence, to assess this further, we compared two popular chains, Chatime and Coco. We bring up the common milk tea with tapioca pearls once again for comparison. This bubble tea calories from Chatime is 550 kcal. Meanwhile, the same pearl drink in Coco has calories of about 654 kcal. We gather that the difference in calories here depends on each stores recipe for the drink. Because of that, each store's nutritional balance of their drinks would also be unique. However, as the basic ingredients of a particular flavour would be similar between stores, patrons should be able to expect the same range of calorie counts. Next, we look into what are the factors that do and do not matter when analysing the nutritional value of the celebrated drink. Factors of Calories As we have seen above, there a few major factors that significantly contribute to the bubble tea calories. Depending on how we choose to customise our boba drink with differing base ingredients such as tapioca pearls, creamer and sweetening agent, the calorie count will vary. Lets look at how we can change the base ingredients to change the milk tea calories to our benefit. Popular boba tea toppings based on one serving of 15g. Calories may vary depending on different stores. Tapioca Pearls An interesting fact that we found is that the tapioca pearls used in this Asian treat were originally smaller than the typical boba that we see today. The chewy balls were originally sized at 1/12 inches, which is why it was commonly referred to as pearl milk tea in Taiwan. However, to add to the wow factor of the beverage, the size of the pearls added to the beverage was increased. The larger sized pearls called boba were now inches and consequently contributed to a higher bubble tea calorie count. The word boba was actually a kinky slang in Chinese that meant big-breasted lady. Due to this, we think that that helped with the marketing of the drink in its early days. However now, boba is used interchangeably with tapioca pearls. Today, there are many types of tapioca pearls that are offered in shops. For every 15 g of regular boba topping, about 280 kcal are added to the drink. We need to take note that while white boba only contains cassava root, the brown ones contain brown sugar. The added sugar into the pearls increases the overall milk tea calorie count. We also observe many stores now offering popping tapioca pearls. These pearls contain sweetened fruity gels which burst upon chewing. The sweeteners are made up of sugary syrup that add to the bubble tea calories. Alternative toppings While boba is the most common topping, there are also other additions that are popular today. Regular choices are coconut jelly, grass jelly, red bean, aloe vera, sago, pudding and more. Generally, all these other toppings are not as dense with calories compared to the regular tapioca pearls. For example, 15 g of grass jelly only has 30 kcal and 15 g of pudding only has 120 kcal. So, if you like these alternatives, you can go ahead knowing that they do not have such a high-calorie count! Creamer and milk Another important factor to bubble tea calories is the creamer or milk used for the beverage. It is common for stores to use creamer, half-and-half, full dairy milk, skimmed milk, or non-dairy milk. The creamer and half-and-half (half milk and half cream) overall have higher fat content. Therefore, they have higher calories. This is the reason why bubble milk tea made with fresh milk has lower calories. In many boba shops in London, non-dairy options are always available due to the increasing demand for plant-based milk. Some options offered are almond milk, soy milk, oat milk and coconut milk. As a general rule, plant-based milk usually has a lower per cup calorie count than full dairy milk. We would also like to make a special note on the recently trending cheese-fondue series. An example is the Rock Salted Cheese boba series offered by Happy Lemon. The addition of cheese as a creamy layer would significantly increase the bubble tea calorie. This is because of the high-fat content that cheese inherently contains. Sweeteners Depending on the store from which you source your beverage, the sweeteners used will be different. Common sweeteners used in boba are white sugar, brown sugar, sugar syrup, fructose and honey. The bulk of the bubble tea calories come from the sweeteners. For a 700 ml drink, 240 kcal comes from the 60 g of white sugar within the full-sugar beverage. However, if the same amount of brown sugar is used, the amount decreases to 225 kcal. As an easy way to reduce the calories, the stores will usually request the customers to specify the level of sugar level they would like for their order. Therefore, if youre concerned about reducing sugar intake, we recommend you pick either any of the less-sugar options. Some shops may also offer sugar-free sweetener options such as Aspartame, Stevia and Sucralose. If possible, you may want to choose a sugar-free sweetener to reduce your calories. Non-contributing factors We would also like to list out a few factors that do not materially contribute to the bubble tea calories. When making your order, there may be options such as getting the beverage hot or cold, choosing the ice level as well as having the drink shaken or blended. There usually are also diverse tea options such as green tea, jasmine tea, oolong tea and more. The above options are definitely crucial to a boba lover when ordering a refreshing experience in a cup. However, they should not trouble the customer regarding their calories. How to Reduce Calories Considering the major factors that contribute to milk tea calories, we recommend the following steps to those who want to reduce their bubble tea calories. When ordering any flavoured boba drink, choose a lower level of sugar for the drink. Just this step would already notably lower the number of calories. Next, we recommend you request fresh milk to be used instead of creamers. By reducing the fat content that comes from creamers, we can further lessen the calorie count. When possible, choose non-dairy milk options. This is because they generally have lower calories and may actually add a twist to the taste of your sweet drink. Not having any toppings would be best if you are just aiming for low calories. However, if that is too much to ask for, we propose that you go for white pearls instead of brown pearls. Otherwise, you could also select alternative toppings like sago, jelly or pudding that can replace the higher calorie boba pearls. By adopting the above steps, we assure you that the bubble tea calories would decrease. Healthy Options Having said all this, we recognise that ordering the lowest calorie beverage does not directly translate to the healthiest bubble tea. Reducing the number of calories within a drink that is usually considered as a sweet after-meal snack is good policy to have. However, we need to look into many components of a food item before we can be sure that it is healthy for us. With the ubiquitousness of the boba beverage today, we would do good for ourselves to also understand its various health benefits. In addition to that, it is also crucial that we become aware of the health risks that drinking boba poses. Evaluating the healthiness of this tasty beverage just by measuring the bubble tea calories does not suffice. Bubble Tea Health Benefits As a caffeinated liquid at its core, the boba drink is a mild diuretic that helps provide hydration to the body. In other words, it acts as a source of water which is important for various body functions. The added hydration helps to cool the body, aids kidney function as well helps muscular and joint motion. Similar to regular coffee, this sweet beverage that is filled with sugar and caffeine may act as a stimulant. By drinking bubble tea, we receive the energising effects of it that could help us get over the midday slump by keeping us awake. This is a positive benefit we can gain when we choose to consume some bubble tea calories in the middle of the day. A copycat recipe for Starbucks Boba with coffee popping pearls! | Image by Honest Food Talks Green tea which is a common option would also provide antioxidants that contribute to our longevity. By acting against the free radical formation and providing body cell protection, antioxidants are important for us to consume. The tapioca pearls in boba drinks also have health benefits. As they are made of cassava roots which are full of resistant starch, bubble tea contributes to the regulation of our digestive systems. The starch encourages the cultivation of good gut bacteria which are vital for our digestive tracts. Bubble Tea Health Risks Having said all this, not all consumption of bubble tea calories add to our health. We also need to recognise the health risks that come with uncontrolled boba obsession. As mentioned, many boba fans out there think of the drink as an after-meal sweet treat. If we do not control consumption, this could possibly be dangerous due to the high calories and high sugar content. There is research that shows the correlation between frequent bubble tea-drinking with the risk of weight gain, increased probability of type-2 diabetes as well as heart disease. Because of this, we should be mindful of the bubble tea calories and sugar content whenever we are craving it. In contrast to the gut regulation benefit, overconsumption of tapioca pearls could lead to constipation. And we surely do not wish for anyone to have to experience that! Due to the starchy nature of the boba pearls, constipation is likely to happen to those who frequently consume tapioca pearls in large amounts. We also recommend ordering the beverage at a lower sugar level as it could reduce the risk of damaging your teeth and skin. When drinking the sugary drink over a period of time, the soaking of teeth in sugar could cause erosion, increased sensitivity and the development of cavities. When this is repeated many times, the risk of damage increases. It is also important to keep in mind the bubble tea calories for the sake of your skin. This is because a high sugar diet has been shown to lead to acne development. When more sugar is consumed, our bodies produce more insulin which affects the production of hormones that are required for skin oil production. Consequently, drinking too much boba too often may cause undesired damage to our skin. Bubble Tea Calories So, is it okay to drink bubble tea every day? With the information about milk tea calories and health considerations presented above, we will let you decide. We think that bubble tea is an amazing dynamic beverage that can be catered for all types of palettes. With so many customisation options made available by boba shops, we recommend people to make healthier choices whenever possible. Without fully compromising the enjoyment of the tea-drinking experience, consider both the health benefits and risks that come from drinking it. So, avoid overconsumption and aim for a balanced diet. However, do treat yourself with a cup of boba from time to time! What do you think is the healthiest bubble tea out there today? Let us know by dropping an email to contact@honestfoodtalks.com.The consumption of milk tea or bubble tea can vary greatly, with some being made from store-bought tea bags or organic tea leaves. The average boba milk tea, made with black tea, milk, sugar, and tapioca pearls, has around 300 calories per 16-ounce beverage. Most boba teas have around 300 calories, and some have fewer calories than that.Boom tea calories vary widely based on flavors, ingredients, and serving sizes. On average, a 16 oz (473 ml) bubble tea ranges from 150 to 450 calories. Fruit-based teas can be sugar- and calorie-bombs, with upwards of five tablespoons of sugar and 300 calories in a 16-ounce serving. A typical large bubble tea can have anywhere from 300 to 500 calories due to its often sweetened milk content.A typical 500ml milk tea with tapioca pearls consists of 325 calories, while most places now offer a larger 700ml size as the regular size, which has 455 calories. A healthy snack has 150 to 300 calories. A standard 470ml serving of bubble tea can range from 200 to 500 calories, depending on the type and amount of tea, milk, sweeteners, and toppings.An average boba milk tea is anywhere between 400-500 calories in a normal size cup, depending on the volume, amount of boba, and toppings. A medium-sized 500ml bubble milk tea with pearls and the full amount of sugar has 8 teaspoons of sugar and 335 calories. The larger 700ml size has 11 teaspoons of sugar and 35 calories per 10 grams of tapioca pearls.According to Singapores Health Promotion Board (HPB), a cup of bubble tea with milk and tapioca pearls contains about 335 calories. The pearls represent the types of tea, including classic boba, fruity flavors like Mango Tango or Strawberry Peach. What Does Bubble Tea Do To Your Body? The 30-Day Drinking TestIs frequent drinking of bubble tea bad for your health? In Singapore, there are over 400 bubble tea stores from MilkSha, Gongcha (Image Source: Pixabay.com) What Is The Highest Calorie Boba?The highest-calorie boba topping is jelly, available in various flavors such as coconut and grass jelly, containing 50-190 calories per serving. The second highest is tapioca pearls, which have 94-104 calories per serving. Boba tea, also known as bubble tea, is a sweet, cold beverage originating from Taiwan, typically made with a milk base, tea, water, sugar, and toppings. While tapioca pearls are the most popular topping, jelly and popping boba are also common.A calorie chart for boba displays calories for different types, including tapioca pearls, crystal boba, jelly boba, and bursting boba. Each cup of bubble tea usually has around 50-80 calories from dairy. High-calorie boba teas that include excessive sugar, creamer, and additional toppings can exceed 800 calories. Much of the drinks calorie content comes from brown sugar. A standard 470ml serving of bubble tea can range from 200 to 500 calories, largely influenced by the choice of tea, milk, and sweeteners.For instance, traditional tapioca boba has about 63 calories per ounce, while bursting boba contains fewer, around 25 calories per ounce. A typical boba drink may include 25 to 75 tapioca pearls, contributing 5 to 14 calories each. Generally, a classic boba milk tea has about 250-350 calories, while fruity flavors might have similar caloric content. Overall, boba drinks can vary widely in calorie counts, averaging around 400 to 500 calories. (Image Source: Pixabay.com) How Many Calories Are In A Bubble Tea Cup?Selon le Health Promotion Board (HPB) de Singapour, une tasse de bubble tea avec du lait et des perles de tapioca contient environ 335 calories, les perles reprsentant environ un tiers de ces calories. En moyenne, une tasse de bubble tea contient environ 400 calories. Certains bubble teas de grande taille peuvent varier de 300 500 calories en raison du lait sucr et des perles de tapioca. Les boutiques de bubble tea mesurent gnralement de tasse de perles, ce qui se traduit par le nombre de calories mentionn.La nutrition est essentielle pour prendre des dcisions claires sur notre alimentation. Les informations nutritionnelles indiques pour Sharetea comprennent les calories et les graisses satures. La teneur en calories des bubble teas dpend des saveurs, des ingrdients et des tailles. Un bubble tea de 16 oz (473 ml) peut contenir entre 150 et 450 calories. Pour utiliser le calculateur de calories de bubble tea, il vous suffit de slectionner le type de th, la taille, le niveau de douceur et les ventuels ajouts.Read also: How Do Scientists Measure The Calories Present In Foods?Le bubble tea classique est gnralement compos de th, de lait ou de crme et de perles de tapioca. En somme, un verre standard de 500 ml de bubble tea peut contenir entre 250 et plus de 800 calories. Les options fruites, comme le Mango Tango ou le Strawberry Peach, varient galement en calories. En rsum, la consommation de bubble tea peut mener une moyenne de 457 calories, selon le lait, le sucre et les garnitures. (Image Source: Pixabay.com) How Many Calories Are In A Big Boba?La tabla de nutricin del boba revela que el boba de tapioca tradicional tiene unas 63 caloras por onza, con 15 gramos de carbohidratos y aditivos como colorantes artificiales. El boba de burbujas contiene 25 caloras por onza, principalmente de azcar (6 gramos de carbohidratos totales y 5 gramos de azcar). Las caloras en una bebida grande de boba varan con el tamao y los ingredientes. Un boba puede tener entre 25 y 75 perlas de tapioca, lo que puede sumar cientos de caloras.Por ejemplo, un t de burbujas de 700 ml puede tener 700 kcal, con 60 g de azcar. Un tamao de 16 oz puede tener de 200 a 450 caloras. Los ingredientes base de la bebida aportan pocas caloras, y son los dems componentes que incrementan el contenido calrico. La gua de caloras boba sugiere que una bebida estndar de 500 ml puede contener entre 250 y 800+ caloras. En promedio, la boba aporta entre 150 y 200 caloras por porcin, y la leche o el t frutal puede variar tambin.Al contabilizar todo, una porcin media de boba (283 g) contiene alrededor de 142 caloras. En resumen, ms de 457 caloras son comunes en el bubble tea, dependiendo de la leche, azcar y complementos aadidos. Cada boba puede contener entre 5 y 14 caloras, aadiendo as ms al total. (Image Source: Pixabay.com) Is Bubble Tea Healthy?Bubble tea, while delicious, is not a healthy beverage choice. A 16-ounce serving contains at least 40 grams of sugar, exceeding the recommended daily intake for both men and women, and provides approximately 450 calories, contributing to over 20% of the daily caloric allowance. The drink often contains high sugar levels linked to serious health risks like diabetes and obesity. While boba (tapioca pearls) offers minimal health benefits, it can provide a temporary energy boost due to its calories and carbohydrates.Experts recommend enjoying bubble tea in moderation and customizing it to lower sugar and calorie content. Reducing or skipping toppings like boba and whipped cream can also help. Despite its appealing taste, excessive consumption may lead to health issues such as increased blood pressure and constipation due to low fiber content. Therefore, savor bubble tea occasionally and be mindful of portion sizes and ingredients to mitigate potential health risks. (Image Source: Pixabay.com) How Many Calories Are In One Boba Ball?Determining the calorie content of boba drinks can be challenging, but research indicates that each boba ball, or tapioca pearl, ranges from 5 to 14 calories. A typical boba drink may contain between 25 to 75 pearls, resulting in a calorie addition that can reach into the hundreds. Specifically, a 1-ounce serving of bursting boba contains about 25 calories, largely from sugar. A standard serving of boba (approximately 1/4 cup) typically has around 110-130 calories and 34 grams of carbohydrates.Generally, there are fewer calories in bubble tea than one might expect. For instance, traditional tapioca boba has roughly 63 calories per ounce and contains 15 grams of carbohydrates alongside preservatives and artificial colors. A plain boba milk tea, which contains black tea, milk, sugar, and tapioca pearls, is estimated to have around 300 calories and 38 grams of sugar per 16-ounce serving.A calorie chart detailing various boba typeslike tapioca pearls, crystal boba, jelly boba, and popping bobahelps to clarify the caloric differences per serving size. As boba is made primarily from tapioca starch, sugar, and water, its calorie content does depend on preparation.In summary, boba drinks typically range from 200 to 450 calories per serving, influenced by size and ingredients. With figures like 544 calories for a full cup of tapioca pearls, 150-200 calories commonly for fruit teas, and 270 calories for certain blends, its easy to see how consumption can add up. Notably, a 500ml serving of bubble tea can vary from 250 to over 800 calories depending on components.Read also: How Much Calories Do Green Pear Have? (Image Source: Pixabay.com) Is Bubble Tea High In Calories?Bubble tea is a popular drink that can vary in calorie content, generally ranging from 300 to 500 calories per serving. The significant contribution to this calorie count primarily comes from tapioca pearls, which are calorie-denseaveraging about 100 to 135 calories in a standard serving. A plain boba milk tea with basic ingredients like black tea, milk, sugar, and tapioca pearls can contain around 300 calories for a 16-ounce serving.For healthier choices, it is advised to opt for less sugar, skimmed milk, or non-dairy alternatives. Nutritional facts are essential for making informed dietary decisions, highlighting the importance of understanding what we consume. The calorie content varies based on the drink's type, size, and the ingredients used.Some bubble tea options, particularly flavored varieties or those with significant sugar and cream, can exceed 900 calories per serving. For instance, a typical 500ml bubble tea with pearls contains approximately 325 calories, while a larger 700ml serving can have around 455 calories and 11 teaspoons of sugar.In summary, classic boba milk tea tends to have between 250-350 calories in a normal size, while fruity varieties might have different calorie counts. For a full-sugar serving, bubble tea can reach a total of 700 calories, underscoring the need for mindful ingredient choices to maintain a lower calorie intake. (Image Source: Pixabay.com) How Many Calories Are In 1 Large Boba Tea?El promedio de caloras en el boba tea oscila entre 400 y 500, aunque esta cifra puede variar considerablemente debido a las distintas variaciones y combinaciones de ingredientes y toppings disponibles. En general, se estima que un boba milk tea simple (hecho con t negro, leche, azcar y perlas de tapioca) contiene aproximadamente 300 caloras por porcin de 16 onzas y 38 gramos de azcar. Es crucial considerar que el contenido calrico de cada bebida puede diferir segn el tipo de leche utilizada, la cantidad de edulcorante y los ingredientes adicionales.En trminos generales, un boba tea de tamao regular (16 oz) puede tener entre 300 y 400 caloras. Particularmente, 100 g de boba tea contienen cerca de 50 caloras. Por ejemplo, un boba tea de tamao medio (283 g) tiene alrededor de 142 caloras, lo que representa aproximadamente el 7% de la ingesta calrica diaria promedio para un adulto con peso y niveles de actividad moderados.A medida que se aade ms leche y toppings, como perlas de tapioca, el conteo calrico puede aumentar. Un boba tea de 500 ml con azcar y perlas puede contener entre 335 y 469 caloras, dependiendo de la cantidad de azcar. En resumen, mientras que el promedio de caloras en un boba tea se estima en 457, esto depende en ltima instancia de los ingredientes especficos elegidos, incluyendo la leche, el azcar y los toppings. Por lo tanto, se puede llegar a un rango entre 250 y 800+ caloras por porcin dependiendo de cmo se prepare. (Image Source: Pixabay.com) How Do I Calculate Calories In Bubble Tea?To explore the calorie content of your preferred bubble tea, begin by selecting the type of tea, size, sweetness level, and any additional toppings from the provided dropdown menus. After making your selections, click the "Calculate" button to determine the total calorie count of your beverage. Each tea type has a different base calorie count. The average 16 oz (473 ml) bubble tea calorie range is between 150 to 450 calories, influenced by flavors, ingredients, and serving sizes. For instance, tapioca pearls contribute roughly 100-135 calories per serving, with around cup typically included.Here are some calorie counts for popular bubble tea varieties (500 ml or 16 oz, full sugar):Bubble Milk Tea: 396 caloriesBrown Sugar Milk Tea: 372 caloriesBubble Fresh Milk Tea: 382 caloriesFresh Milk Tea: 270 caloriesMilk Foam Green Tea: 316 caloriesAs you calculate, consider how different elements like milk types, sweetness levels, and toppings affect overall calorie content. On average, a classic bubble tea with tapioca pearls is about 300-500 calories. Standard variations can vary as follows: a light drink with no toppings may yield around 250 calories, while a medium drink with one light topping can approach 500 calories, and indulgent options may exceed 800 calories.Its important to note that calorie content can change based on ingredient choices, as some establishments might add extra sugars or boba. Explore these options and discover how your unique bubble tea creation influences health and nutrition. Is Bubble Or Boba Tea Good For You? How Many Calories Does It Have? Trending Health.Is Bubble Or Boba Tea Good For You? How Many Calories Does It Have? Trending Health. Bubble teaalso known as boba teaWritten by a few bubble tea addicts, on Jul 20, 2022 TLDR: Bubble tea has an average of 457 calories but it depends on the milk, sugar, and toppings.How many calories are in bubble tea? Well, that depends.The possibilities are endless when it comes to bubble tea. Bubble tea calories differ fromflavor toflavor and from shop to shop.But lets break it down a bit.What goes in bubble tea?Bubble tea is usually made up of three things: tea, milk, and toppings. We'll cover all three below There are many different options when it comes to the tea in boba. Using different teas creates different flavors. But this doesnt play much of a role in the caloric value of boba. The main difference is that milk tea typically uses black tea, whereas fruit tea uses green tea.2. The MilkMilk plays a major role in the calories of boba. A drink usually contains milk or a milk alternative. This gives boba that classic creamy texture and flavor (unless youre a fruit tea person, but well get to that later).The milk options, just like bubble tea in general, are endless. You can go the classic route with dairy milk, or use non-dairy creamer,asPearly does. Another option is sweetened condensed milk, which is common in Thai milk tea.Fruit tea, on the other hand, is made with juice instead of milk. This makes it less high in calories compared to milk tea.3. The ToppingsTapioca or boba pearls are the most common topping. Theyre the chewy little balls in a bubble tea drink, and they have almost no flavor.Tapioca pearls are made from starch extracted from cassava root. Cassava has a nutty flavor and has nearly twice the calories of potatoes, which makes it a large source of energy!Get this: there is also a popping version! And they burst in your mouth, with no chewing required! These are great for bubble tea lovers who dont like chewing the tapioca but still want the boba experience.Those are the basics when it comes to bubble tea ingredients, but there are a variety of other toppings for bubble tea. Some common ones are pudding and jelly.How many calories are in boba tea?The caloric value of bubble tea depends on the milk and toppings. But lets take a look at 8 of the most popular boba tea flavors, ranked from highest calories to lowest.When comparing the calories in these boba flavors, we are assuming aregular-sized (16-ounce) boba with 2% milk, full ice, and 100% sugar.Brown Sugar Milk TeaBrown sugar milk tea is like classic milk tea but with, you guessed it: brown sugar.This bobaflavor is very popular at bubble tea shops and is also referred to as Tiger Milk Tea. Brown sugar milk tea ranges from 500-660 calories.Taro Milk TeaKnown for its pretty purple color, taro milk tea is another popular choice at boba shops. Taro is thethird-highest calorie option averaging 620 calories. By the way, you can buy your ownat-home Taro Bubble Tea kit here.Thai Milk TeaMade with sweetened condensed milk, Thai Milk Tea is very popular where boba was invented, in Taiwan. The milk choice makes it the second highest-calorie boba option on our list at 640 calories.Honeydew Milk TeaHoneydew milk tea is a popular choice for boba lovers who want creamy, fruity, and sweet. This option comes in fourth at 600 calories.Classic Milk TeaClassic milk tea is, well, a classic. It is the poster child of boba and is the most popular flavor inboba tea shops. As far as calories go, it is thefifth-highest in calories and is the lowest calorie option for milk tea lovers. Since this option usually comes with boba, the average caloric value is 450 calories.Passion Fruit TeaThe sixth highest-calorie boba option is passion fruit tea. This is a popular choice among fruit tea lovers and has an average of 240 calories.Mango Fruit TeaAnother popular choice for fruit tea boba lovers is mango fruit tea. This is the seventh highest-calorie boba option and has an average of 230 calories.Lychee Fruit TeaLychee fruit tea is perfect for boba lovers who enjoy fruit tea but also dont want anything too sweet. This popular option is the lowest-calorie one at 220 calories.TLDR:Graphic of calories by bubble teaWhat about the toppings?Yes, the toppings. Who could forget? The toppings are what makes boba the unique and beloved drink it is!Like bubble tea, the toppings differ in calories depending on what boba shop

milk, and syrup (Chinese: ; pinyin: tng jing) or honey.[4] Bubble tea is most commonly served cold.[4] The tapioca pearls that give bubble tea its name were originally made from the starch of the cassava, a tropical shrub known for its starchy roots[5] which was introduced to Taiwan from South America during Japanese colonial rule.[6] Larger pearls (Chinese: /; pinyin: b b / hi zhn zh) quickly replaced these.[7]Some cafs specialize in bubble tea production.[8] While some cafs may serve bubble tea in a glass, most Taiwanese bubble tea shops serve the drink in a plastic cup and use a machine to seal the top of the cup with heated plastic cellophane.[9] The method allows the tea to be shaken in the serving cup and makes it spill-free until a person is ready to drink it.[10] The cellophane is then pierced with an oversized straw, referred to as a boba straw, which is larger than a typical drinking straw to allow the toppings to pass through.[11]Due to its popularity, bubble tea has inspired a variety of bubble tea flavoured snacks, such as bubble tea ice cream and bubble tea candy.[12] The market size of bubble tea was valued at US$2.4 billion in 2022 and is projected to reach US$4.3 billion by the end of 2027.[13][14] Some of the largest global bubble tea chains include Chatime, CoCo Fresh Tea & Juice and Gong Cha.Bubble tea comes in many variations which usually consist of black tea, green tea, oolong tea, and sometimes white tea.[2] Another variation, yuenyeung, (Chinese: , named after the Mandarin duck) originated in Hong Kong and consists of black tea, coffee, and milk.[1]Other varieties of the drink include blended tea drinks. These variations are often either blended using ice cream, or are smoothies that contain both tea and fruit.[10] Boba ice cream bars have also been produced.There are many popular flavours of bubble tea, such as taro,[15] mango,[16] coffee, and coconut.[17] Flavouring ingredients such as a syrup or powder determine the flavour and usually the colour of the bubble tea, while other ingredients such as tea, milk, and boba are the basis.[18]Tapioca (boba)Tapioca pearls (boba) are the most common ingredient, although there are other ways to make the chewy spheres found in bubble tea.[1] The pearls vary in color according to the ingredients mixed in with the tapioca. Most pearls are black from brown sugar.[2][19]Jelly comes in different shapes: small cubes, stars, or rectangular strips, and flavours such as coconut jelly, konjac, lychee, grass jelly, mango, coffee, and green tea. Azuki bean or mung bean paste, typical toppings for Taiwanese shaved ice desserts, give bubble tea an added subtle flavour as well as texture. Aloe, egg pudding (custard), and sago also can be found in many bubble tea shops.[10][20] Popping boba, or spheres that have fruit juices or syrups inside them, are another popular bubble tea topping.[21] Flavours include mango, strawberry, coconut, kiwi, and honey melon.[21][22]Some shops offer milk or cheese foam on top of the drink, giving the drink a consistency similar to that of whipped cream, and a saltier flavour profile.[23] One shop described the effect of the cheese foam as "neutraliz[ing] the bitterness of the tea...and as you drink it you taste the returning sweetness of the tea."[24]Bubble tea packaged in a promotional shape (lightbulb) instead of a takeaway cup[25]Bubble tea shops often give customers the option of choosing the amount of ice or sugar in their drink.[26] Ice levels are usually specified ordinally (e.g., no ice, less ice, normal ice, more ice), and sugar levels in quarterly intervals (e.g., 0%, 25%, 50%, 75%, 100%).[26]In Southeast Asia, bubble tea is usually packaged in a plastic takeaway cup, sealed with plastic or a rounded cap. New entrants into the market have attempted to distinguish their products by packaging it in bottles[27] and other shapes.[28] Some have used sealed plastic bags.[29] Nevertheless, the plastic takeaway cup with a sealed cap is still the most common packaging method.The tea can be made in batches during the day or the night before. Brewing different types of teas takes different amounts of time and temperature. For instance, green tea requires brewing at a lower temperature, typically between 176185F (8085C) with a brewing time of 810 minutes to extract its optimal flavour. In contrast, black tea needs to be made with hotter water, usually around 203212F (95100C) with a brewing of around 1520 minutes to bring out its sweetness. A tea warmer dispenser allows the tea to remain heated for up to eight hours.Pearls (boba) are made from tapioca starch. Most bubble tea stores buy packaged tapioca pearls in an uncooked stage. When the boba is uncooked and in the package, it is uncolored and hard. The boba does not turn chewy and dark until they are cooked and sugar is added to bring out its taste. Uncooked tapioca pearls in their package can be stored for around 9 to 12 months. Once cooked, they can be stored in a sealed container in the refrigerator. Despite this, most bubble tea stores will not sell their boba after 24 hours because it will start to harden and lose its chewiness.The traditional preparation method is to mix the ingredients (sugar, powders, and other flavourings) together using a bubble tea shaker cup, by hand. However, many present-day bubble tea shops use a bubble tea shaker machine. This eliminates the need for humans to shake the bubble tea by hand. It also reduces staffing needs as multiple cups of bubble tea may be prepared by a single barista.Milk and sugar have been added to tea in Taiwan since the Dutch colonization of Taiwan from 1624 to 1662.[1]Before the invention of bubble tea, a similar tea beverage was created in Taiwan called bubble foam tea (Chinese: ; pinyin: Pom hngch). This drink was made by mixing tea with fructose syrup[failed verification] and then shaking it with ice cubes in a shaker. The vigorous shaking created a fine foam, giving the drink its signature texture. Unlike modern pearl milk tea, bubble foam tea did not initially contain tapioca balls.[30][bettersourceneeded]There are two competing stories for the discovery of bubble tea.[7] One is associated with the Chun Shui Tang tea room in Taichung.[1] Its founder, Liu Han-Chieh, began serving Chinese tea cold after he observed coffee was served cold in Japan while on a visit in the 1980s.[1] The new style of serving tea propelled his business and multiple chains serving this tea were established.[7] The company's product development manager, Lin Hsiu Hui, said she created the first bubble tea in 1988 when she poured tapioca balls into her tea during a staff meeting and encouraged others to drink it.[7] The beverage was well received at the meeting, leading to its inclusion on the menu. It ultimately became the franchise's top-selling product.[7]Another claim for the invention of bubble tea comes from the Hanlin Tea Room (Chinese: ; pinyin: Hnln chgun) in Tainan. It claims that bubble tea was invented in 1986 when teahouse owner Tu Tsong-he was inspired by white tapioca balls he saw in the local market of Y-m-lio (Chinese:).[7] He later made tea using these traditional Taiwanese snacks.[7] This resulted in what is known as "pearl tea."[31]In the 1990s, bubble tea spread across East and Southeast Asia with ever-growing popularity. In regions like Hong Kong, mainland China, Japan, Vietnam,[32] and Singapore, the bubble tea trend has expanded rapidly among young people. In some popular shops, people would line up for more than thirty minutes to get a drink.[2] In recent years, the popularity of bubble tea has gone beyond the beverage itself, with boba lovers inventing various bubble tea flavoured-foods, including ice cream, pizza, toast, sushi, and ramen.[12]In Taiwan, bubble tea has become not just a beverage, but an enduring icon of the culture and food history for the nation.[7][33] In 2020, the date April 30 was officially declared as National Bubble Tea Day in Taiwan.[2] That same year, the image of bubble tea was proposed as an alternative cover design for Taiwan's passport.[34] According to Al Jazeera, bubble tea has become synonymous with Taiwan and is an important symbol of Taiwanese identity both domestically and internationally.[35] Bubble tea is used to represent Taiwan in the context of the Milk Tea Alliance.[36][35] 50 Lan is a bubble tea chain founded in Tainan.[37]Hong Kong is famous for its traditional Hong Kongstyle milk tea, which is made with brewed black tea and evaporated milk.[1] While milk tea has long become integrated into people's daily lives, the expansion of Taiwanese bubble tea chains, including Tiger Sugar, Youiccha, and Xing Fu Tang, into Hong Kong created a new wave for "boba tea."[4]Since the idea of adding tapioca pearls into milk tea was introduced into China in the 1990s, bubble tea has increased in popularity.[38] In 2020 it was estimated that the consumption of bubble tea was 5 times that of coffee in recent years.[38] According to data from QianZhen Industry Research Institute, the value of the tea-related beverage market in China reached 53.7 billion Renminbi (about US$7.63 billion) in 2018.[39] In 2019, annual sales from bubble tea shops reached as high as CN140.5 billion (roughly US$20 billion).[40] While bubble tea chains from Taiwan (e.g., Gong Cha and Coco) are still popular, more local brands, like Yi Dian Dian, Nayuki, Hey Tea, etc., are now dominating the market.[39]In China, young people's growing obsession with bubble tea has shaped their way of social interaction. Buying someone a cup of bubble tea has become a new way of informally thanking someone. It is also a favoured topic among friends and on social media.[39]Bubble tea first entered Japan by the late 1990s, but it failed to leave a lasting impression on the public markets.[41] It was not until the 2010s when the bubble tea trend finally swept Japan.[41] Shops from Taiwan, Korea, and China, as well as local brands, began to pop up in cities, and bubble tea has remained one of the hottest trends since then.[41] Bubble tea has become so commonplace among teenagers that teenage girls in Japan invented a slang for it: tapiru (). The word is short for drinking tapioca tea in Japanese, and it won first place in a survey of "Japanese slang for middle school girls" in 2018.[41] A bubble tea theme park was open for a limited time in 2019 in Harajuku, Tokyo.[42]Known locally in Chinese as (pinyin: po po ch), bubble tea is loved by many in Singapore.[43] The drink was sold in Singapore as early as 1992 and became phenomenally popular among young people in 2001.[44] This soon ended because of the intense competition and price wars among shops.[45] As a result, most bubble tea shops closed and bubble tea lost its popularity by 2003.[45] When Taiwanese chains like Koi and Gong Cha came to Singapore in 2007 and 2009, the beverage experienced only short resurgences in popularity.[46] In 2018, interest in bubble tea rose again at an unprecedented speed in Singapore, as new brands like The Alley and Tiger Sugar entered the market; social media also played an important role in driving this renaissance of bubble tea.[46]Bubble tea was introduced to Malaysia in the late 1990s and saw a surge in popularity during the early 2000s, particularly in urban areas and night markets.[47] The arrival of Taiwanese chains such as Chatime in 2010 marked a significant shift in the industry, as franchised outlets began appearing in major cities.[48] By 2013, Malaysia accounted for around 50% of Chatimes global revenue.[48]In 2017, a high-profile legal dispute between Chatime's franchisor and its Malaysian licensee, Loob Holding, led to the rebranding of over 160 outlets as Tealive.[49] Tealive has since become the leading homegrown bubble tea brand in Malaysia, with hundreds of outlets nationwide and regional expansion across Southeast Asia. Other international and local brands, such as Gong Cha, The Alley, and Chizu, also maintain a strong presence.The Malaysian bubble tea market has experienced significant growth and popularity in recent years, becoming a prominent segment of the country's beverage industry. Bubble tea has evolved into a mainstream beverage preference among the populace, propelled by the influx of international franchises and the emergence of indigenous brands.[50]Taiwanese immigrants introduced bubble tea to the United States in the 1990s, initially in California through regions including Los Angeles County.[51] Some of the first stand-alone bubble tea shops can be traced to a food court in Arcadia, in Southern California,[51] and Fantasia Coffee & Tea in Cupertino, in Northern California.[52] Chains like Tapioca Express, Quickly, Lollicup, and Happy Lemon emerged in the late 1990s and early 2000s, bringing the Taiwanese bubble tea trend to the US.[52] Within the Asian American community, bubble tea is commonly known under its colloquial term "boba."[4]As the beverage gained popularity in the US, it gradually became more than a drink, but a cultural identity for Asian Americans. This phenomenon was referred to as boba life by Chinese-American brothers Andrew and David Fung in their music video, Bobalife, released in 2013.[4] Boba symbolizes a subculture that Asian Americans as social minorities could define themselves as, and boba life is a reflection of their desire for both cultural and political recognition.[53] It is also used disparagingly in the term boba liberal, a term that derides mainstream Asian-American liberalism.[54][55] Other regions with large concentrations of bubble tea restaurants in the United States are the Northeast and Southwest. This is reflected in the coffeehouse-style teahouse chains that originate from the regions, such as Boba Tea Company from Albuquerque, New Mexico, No. 1 Boba Tea in Las Vegas, Nevada, and Kung Fu Tea from New York City.[56][57] Albuquerque and Las Vegas have a large concentrations of boba tea restaurants, as the drink is popular especially among the Hispano, Navajo, Pueblo, and other Native American, Hispanic and Latino American communities in the Southwest.[58][59][60][61]A massive shipping and supply chain crisis on the U.S. West coast, coupled with the obstruction of the Suez Canal in March 2021, caused a shortage of tapioca pearls for bubble tea shops in the U.S. and Canada.[62][63] Most of the tapioca consumed in the U.S. is imported from Asia, since the critical ingredient, tapioca starch, is mostly grown in Asia.[64]TikTok trends and the Korean Wave also fueled the popularity of bubble tea in the United States.[65]Taiwanese milk tea was introduced to Vietnam in the early 2000s,[66] but it took a few years for this drink to become popular with young people. Roadside stalls and carts rarely served milk tea, and the milk tea trend gradually cooled down in the late 2000s. Many shops had to liquidate or close, while others struggled to survive. Bubble tea also gained controversy because of information about tea of unknown origin, tapioca pearls allegedly being made from polymer plastics, etc.By 2012, Taiwanese brands arrived in Vietnam, still the same old milk tea but served in a completely new style: milk tea with toppings, developing a chain model, and a space designed as well as any famous coffee shop. Also, the halo of Taiwanese milk tea gradually returned, especially around the end of 2016, to the beginning of 2017.[67] According to a survey by Lozi, in 2017, the Vietnamese milk tea market witnessed an explosion with 100 large and small brands coexisting and over 1,500 points of sale, including major brands from Taiwan such as Ding Tea, Gong Cha, BoBaPop.[68] This survey also shows that milk tea is becoming a popular drink in Vietnam when 53% of people are confirmed to drink milk tea at least once a week.[67]From the consumer perspective, milk tea is characterized by its sweet, creamy taste, suitable for many customers, not only students, but also children and office workers.[69][70] In addition, milk tea is constantly "transforming" to meet all customer needs, from cheese cream tea, fruit tea to low-fat tea. Another important point that makes milk tea popular is the service style. Instead of small shops and school gate carts like in the past, the milk tea is designed into a spacious space, with fixed seats, and cool air conditioning.[68]Milk tea is not only a daily drink, but it has also become a "fever drink" loved in many countries, including South Korea. In the capital Seoul alone, there are 4 famous milk tea shops, which are popular places for entertainment, dating, and meeting of Korean youth every weekend, which are Gong Cha, Cofioca, Amasvin, and Happy Lemon.In Korea, there are many different large and small milk tea shops, famous brands or just small shops with a drink counter and a table. Although pearl milk tea originated in Taiwan, it took certain changes in Korea. Koreans are very concerned about keeping in shape, every meal they have to check exactly how many calories they take in, so that they can do appropriate exercises to burn off excess fat. Therefore, when entering restaurants or bakeries in Korea, we will see the calorie index recorded very carefully as a way to protect the health of consumers. For example, at Gong Cha milk tea shops there, customers can choose the sweetness of their milk tea by choosing the sugar level (0%, 30%, 50%, 70%, and 100%) and similarly choose ice to add personal favourite flavour to their milk tea.[71]Individual bubble tea shops began to appear in Australia in the 1990s, along with other regional drinks like Eis Cendol. Chains of stores were established as early as 2002, when the Bubble Cup franchise opened its first store in Melbourne. Although originally associated with the rapid growth of immigration from Asia and the vast tertiary student cohort from Asia, in Melbourne and Sydney bubble tea has become popular across many communities.[72]The first bubble tea shop in Mauritius opened in late 2012, and since then there have been bubble tea shops in most shopping malls on the island. Bubble tea shops have become a popular place for teenagers to hang out.[73]In 2020, the Unicode Consortium released the bubble tea emoji (U+1F9CB BUBBLE TEA) as part of its version 13.0 update.[74][75]On 29 January 2023, Google celebrated Bubble Tea with a doodle.[76][77]In July 2019, Singapore's Mount Alvernia Hospital warned against the high sugar content of bubble tea since the drink had become extremely popular in Singapore. While it acknowledged the benefits of drinking green tea and black tea in reducing risk of cardiovascular disease, diabetes, arthritis, and cancer, respectively, the hospital cautions that the addition of other ingredients like non-dairy creamer and toppings in the tea could raise the fat and sugar content of the tea and increase the risk of chronic diseases. Non-dairy creamer is a milk substitute that contains trans fat in the form of hydrogenated palm oil. The hospital warned that this oil has been strongly correlated with an increased risk of heart disease and stroke.[78][79]The other concern about bubble tea is its high calorie content, partially attributed to the high-carbohydrate tapioca pearls (Chinese: ; pinyin: zhn zh), which can make up to half the calorie-count in a 500ml (18impfloz; 17USfloz) serving of bubble tea.[80]Food portalBober Tea and Mochi DoughChinese tea culture Preparation and occasions of tea consumption in ChinaHong Kong tea culture Regional tea cultureList of Taiwanese inventions and discoveriesMilk teaQ texture Hokkien culinary term for the ideal texture of chewy foodsShareteaTaiwanese tea culture Tea culture of TaiwanTaiwanese cuisine Culinary traditions of TaiwanTeaspoon (restaurant)Yifang Taiwan Fruit Tea^ a b c d e f g h Wu, Jiayi (2020). "What Makes Bubble Tea Popular? Interaction between Chinese and British Tea Culture". 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Media related to Bubble tea at Wikimedia CommonsPortals: Drink TaiwanRetrieved from " 2Taiwanese bubble tea chain50 Lan50 Lan branch at Tainan's Dexing RoadNative name50Company typePrivateIndustryDrinkFounded1994 in Tainan, TaiwanFounderMa Shao-weiHeadquartersTainan, TaiwanNumber of locations612(2024)Area servedTaiwanKey peopleMa Shao-wei (manages Tainan)Ma Ya-fang (manages TaoyuanHsinchuMiaoli)Ma Ya-fen (manages Taichung)Guo Zong-feng (manages Kaohsiung and Pintung)Lou Gengshen (manages Taipei)ProductsBubble teaBrandsKOI Th[zh-yue]1 DiandianWushiland BobaChinese nameTraditionalChinese50SimplifiedChinese50TranscriptionsStandard MandarinHanyu PinyinWsh LnYue: CantoneseJyutpingNg5 Sap6 Laam4Websitewww.50.tw50 Lan (traditional Chinese: 50; simplified Chinese: 50) is a Taiwanese bubble tea chain. In 1994, Ma Shao-wei, the founder, and his sister Ma Ya-fang, started a juice and tea street stall next to their mother's fried chicken stall in Tainan, a city in southern Taiwan. They switched to focusing on selling only tea and as business improved, upgraded from a street stall to a terrace. The first 50 Lan store opened in 1997 and a second opened the next year. Over ten branches opened in Tainan after friends and relatives wanted to become franchisees.The company's headquarters is in Tainan and there are four regional divisions that function separately. Guo Zong-feng, Ma's army friend, started a company in 2000 to manage branches in Kaohsiung and Pingtung. Ma Ya-fen, Ma's sister, formed a management company in 2002 to oversee branches in Central District, Changhua, Chiayi County, and Yunlin County. In 2003, Ma's university classmate began managing branches in the TaipeiKeelung metropolitan area, while Ma's sister Ma Ya-fang started overseeing branches in the TaoyuanHsinchu area. There were 612 50 Lan stores in Taiwan by 2024.To expand the chain outside of Taiwan, Ma Ya-fen in 2006 created the sister brand KOI Th[zh-yue] which operates in a number of Southeast Asia countries and Fiftylan, which operates in the United States. Guo Zong-feng separately expanded the chain to the United States through Wushiland Boba in 2016. To expand to mainland China, Lou Gengshen, who managed 50 Lan's Taipei branches, founded 1 Diandian (Chinese: 1) in 2010.50 Lan branches in Taipei on Roosevelt Road and in the Songshan District, respectively50 Lan's founder, Ma Shao-wei (Chinese:),[a] had attended the aerospace engineering department at Tamkang University. Upon finishing his military service, he moved back to Tainan, where he had grown up.[2] Ma initially worked with his father in the recycled gold business but found that profits were slim. In 1993, his mother opened a fried chicken stall outside her home at Tainan's Dexing Road (Chinese:) through which she made a monthly net profit of between NT$100,000 (US$3,580) and NT$200,000 (US$7,160).[1][3] Investing NT$10,000 (US$358), Ma Shao-wei and his sister, Ma Ya-fang (Chinese:),[b] launched a juice and tea stall alongside their mother's fried chicken stall in 1994.[1] Ma Shao-wei opted to focus on the tea market after realizing the labor-intensive nature of beverage preparation and facing challenges in sourcing fresh fruit and additional raw ingredients.[2]Ma Shao-wei's family suggested that he choose a name for the tea stall. He was browsing a Japanese magazine and found the name "50 Lan" (Chinese:) memorable.[1] Thinking that "even Grandma can remember it", Ma selected 50 Lan as the name six months after it had opened.[1][4] As business improved, they upgraded from a street stall to a terrace.[1] Ma and his sister launched the inaugural 50 Lan store in 1997 on Tainan's Xinxiao Road (Chinese:). They started the second location in 1998.[3] Friends and relatives expressed interest in franchising, leading to the launch of over ten 50 Lan outlets in Tainan.[1]Guo Zong-feng (Chinese:),[1] who had served with Ma in the army, purchased the right to operate 50 Lan in the Gaoping region in 2000, which introduced the Tainan-based beverage store to additional cities and counties. Ma's Tainan locations of 50 Lan were often situated in alleys. On the other hand, Guo and his wife placed their Kaohsiung 50 Lan stores along roads that did not have traffic islands. This swiftly increased brand recognition since vehicles moved at slow speeds along these roads and there was convenient parking.[2] The Business Today[zh] journalist Wan Bei-lin said that it was under Guo Zong-feng's efforts that 50 Lan gained recognition.[1]Ma Ya-fen[zh] (Chinese:), Ma Shao-wei's sister, later became a leader at 50 Lan.[c] After graduating from the French department of Tamkang University, she began her career at The Westin Taipei before becoming a front desk attendant and cashier at a Taichung hotel affiliated with EVA Air. Observing 50 Lan's fast growth in Kaohsiung, Ma suggested to her brother that 50 Lan be brought to Taichung.[2] To prepare for leading this expansion, she moved back to the company's headquarters in Tainan for six months of training.[1][2] Ma became proficient in brewing tea by working as a front-line worker between 7am and 10pm. She reviewed Ray Kroc's book about McDonald's development and assembled her brother's standard operating procedures into a small book. As she acquired the skills to operate an outlet by herself, she set the drinks' ice and sweetness ratios.[2]Ma Ya-fen began recruiting the initial 10 franchisees for 50 Lan's Taichung