



**LAN-CHOO**



Unilever

# Tea

Per serve as consumed and  
Per 100mL as consumed

Nutrition Information  
for Unilever Food &  
Beverage Products



# Tea

Per serve as consumed



LAN-CHOO

Product Name	Serving Size	Energy	Protein	Fat		Carbohydrate	Sugars	Sodium	Flavonoid	Theanine
				Total	Saturated					
		kJ	g	g	g	g	g	mg	mg	mg
<b>LIPTON</b>										
<b>Tea Bags*</b>										
Intense Tea	200mL	Negligible	0	0	0	0	0	Negligible	100 - 200	18 - 22
Squeezables	200mL	Negligible	0	0	0	0	0	Negligible	100 - 200	14 - 18
Quality Black	200mL	Negligible	0	0	0	0	0	Negligible	100 - 200	13 - 17
Yellow Label	200mL	Negligible	0	0	0	0	0	Negligible	100 - 200	16 - 20
<b>Green Tea Bags*</b>										
Green	200mL	10	<0.2	<0.2	<0.1	<0.1	<0.1	7	100 - 200	-
Jasmine	200mL	13	<0.2	<0.2	<0.1	<0.1	<0.1	9	100 - 200	-
<b>Flavoured Green Tea Bags*</b>										
Citrus	200mL	15	<0.2	<0.2	<0.1	0.2	<0.2	8	100 - 200	-
Mint	200mL	15	<0.2	<0.2	<0.2	<0.4	0.1	6	60 - 120	-
Vanilla	200mL	16	<0.2	<0.2	<0.1	0.5	<0.1	6	100 - 200	-
<b>Large Leaf Tea Bags*</b>										
English Breakfast	200mL	<40	<1	<0.1	<0.1	<1	<1	<5	100 - 200	-
Earl Grey	200mL	<40	<1	<0.1	<0.1	<1	<1	<5	90 - 180	-
Alps Red Fruits Herbal Infusion	200mL	<40	<1	<0.1	<0.1	<1	<1	<5	-	-
Mediterranean	200mL	<40	<1	<0.1	<0.1	<1	<1	<5	-	-
Morocco	200mL	<40	<1	<0.1	<0.1	<1	<1	<5	-	-

\* When prepared as directed with water  
 Information correct at time of publication: December 2010



Tea

# Tea

Per serve as consumed



Product Name	Serving Size	Energy	Protein	Fat		Carbohydrate	Sugars	Sodium	Flavonoid	Theanine
				Total	Saturated					
		kJ	g	g	g	g	g	mg	mg	mg
<b>LIPTON</b>										
<b>Leaf Tea*</b>										
Quality Tips	200mL	Negligible	0	0	0	0	0	Negligible	-	-
<b>Herbal Tea Bags*</b>										
Cinnamon Apple	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Cranberry, Raspberry, Strawberry	200mL	<10	<0.1	<0.1	<0.1	0.1	<0.1	<5	-	-
Honey Lemon	200mL	<10	<0.1	<0.1	<0.1	0.1	0.1	<5	-	-
Lemon Soother	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Lemongrass & Ginger	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Peppermint	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Quietly Chamomile	200mL	<10	<0.1	<0.1	<0.1	0.2	0.1	<5	-	-
<b>Chai Latte*</b>										
Chai	250mL	459	2.6	3.4	2.7	17.0	16.6	80	-	-
Sweet Honey	250mL	456	2.4	3.2	2.5	17.5	15.9	71	-	-
Vanilla	250mL	459	2.6	3.4	2.7	17.0	16.5	75	-	-

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				Total	Saturated					
		kJ	g	g	g	g	g	mg	mg	mg
<b>LIPTON</b>										
<b>Chai Tea Bags*</b>										
Chai	250mL	38	1.0	<0.1	<0.1	1.0	<0.1	<5	-	-
Green Chai	250mL	38	1.0	<0.1	<0.1	1.0	<0.1	<5	-	-
Vanilla Chai	250mL	38	0.8	<0.1	<0.1	1.2	<0.1	<5	-	-
<b>LIPTON ICE TEA</b>										
Green	500mL	585	<0.1	<0.1	<0.1	34.0	34.0	50	35	-
Green Mango	500mL	595	<0.1	<0.1	<0.1	34.5	34.5	<5	45	-
Green Citrus	500mL	595	<0.1	<0.1	<0.1	34.5	34.0	<5	35 - 120	-
Light Green Lemon	500mL	25	<0.1	<0.1	<0.1	<0.1	<0.1	60	130	-
Lemon	250mL	292	<0.1	<0.1	<0.1	16.8	16.8	<5	47	-
Light Peach	250mL	7	<0.1	<0.1	<0.1	<0.1	<0.1	<5	37 - 45	-
Mango	250mL	296	<0.1	<0.1	<0.1	17.0	17.0	<5	40	-
Peach	250mL	288	<0.1	<0.1	<0.1	17.0	17.0	<5	37 - 45	-
Raspberry	500mL	595	< 0.1	<0.1	<0.1	34.5	34.5	50	25 - 75	-
Red	500mL	495	<0.1	<0.1	<0.1	28.5	28.5	<5	55 - 110	-

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Product Name	Serving Size	Energy	Protein	Fat		Carbohydrate	Sugars	Sodium	Flavonoid	Theanine
				Total	Saturated					
				g	g					
		kJ	g	g	g	g	g	mg	mg	mg
<b>BUSHELLS</b>										
Teabags*										
Blue Label	200mL	Negligible	0	0	0	0	0	Negligible	100 - 200	-
Blue Label Extra Strong	200mL	Negligible	0	0	0	0	0	Negligible	100 - 200	-
Round	200mL	Negligible	0	0	0	0	0	Negligible	100 - 200	-
Australian Breakfast	200mL	Negligible	0	0	0	0	0	Negligible	100 - 200	-
Leaf Tea*										
Blue Label	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	100 - 200	-
Extra Strong	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	100 - 200	-
Supreme	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	100 - 200	-
<b>LAN-CHOO*</b>										
Cup Bags	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Pot Bags	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Leaf Tea	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
<b>CHOYSA*</b>										
Square Tea Bags ^	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Round Tea Bags ^	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Leaf Tea ^	200mL	Negligible	0	0	0	0	0	Negligible	-	-
<b>PG TIPS*</b>										
Tea Bags ^	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-

^ Available in NZ only

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Product Name	Serving Size	Energy	Protein	Fat		Carbohydrate	Sugars	Sodium	Flavonoid	Theanine
				Total	Saturated					
		kJ	g	g	g	g	g	mg	mg	mg
<b>LIPTON</b>										
<b>Tea Bags*</b>										
Intense Tea	200mL	Negligible	0	0	0	0	0	Negligible	50 - 100	9 - 11
Squeezables	200mL	Negligible	0	0	0	0	0	Negligible	50 - 100	7 - 9
Quality Black	200mL	Negligible	0	0	0	0	0	Negligible	50 - 100	6 - 8
Yellow Label	200mL	Negligible	0	0	0	0	0	Negligible	50 - 100	8 - 10
<b>Green Tea Bags*</b>										
Green	200mL	5	<0.1	<0.1	<0.1	<0.1	<0.1	<5	50 - 100	-
Jasmine	200mL	7	<0.1	<0.1	<0.1	<0.1	<0.1	<5	50 - 100	-
<b>Flavoured Green Tea Bags*</b>										
Citrus	200mL	8	<0.1	<0.1	<0.1	0.1	<0.1	<5	50 - 100	-
Mint	200mL	8	<0.1	<0.1	<0.1	0.2	<0.1	<5	30 - 60	-
Vanilla	200mL	8	<0.1	<0.1	<0.1	<0.3	<0.1	<5	50 - 100	-
<b>Large Leaf Tea Bags*</b>										
English Breakfast	200mL	<20	<0.5	<0.1	<0.1	<0.5	<0.5	<5	100 - 200	-
Earl Grey	200mL	<20	<0.5	<0.1	<0.1	<0.5	<0.5	<5	45 - 90	-
Alps Red Fruits Herbal Infusion	200mL	<20	<0.5	<0.1	<0.1	<0.5	<0.5	<5	-	-
Mediterranean	200mL	<20	<0.5	<0.1	<0.1	<0.5	<0.5	<5	-	-
Morocco	200mL	<20	<0.5	<0.1	<0.1	<0.5	<0.5	<5	-	-

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Product Name	Serving Size	Energy	Protein	Fat		Carbohydrate	Sugars	Sodium	Flavonoid	Theanine
				Total	Saturated					
		kJ	g	g	g	g	g	mg	mg	mg
<b>LIPTON</b>										
<b>Leaf Tea*</b>										
Quality Tips	200mL	Negligible	0	0	0	0	0	Negligible	-	-
<b>Herbal Tea Bags*</b>										
Cinnamon Apple	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Cranberry, Raspberry, Strawberry	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Honey Lemon	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Lemon Soother	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Lemongrass & Ginger	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Peppermint	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Quietly Chamomile	200mL	<10	<0.1	<0.1	<0.1	0.1	<0.1	<5	-	-
<b>Chai Latte*</b>										
Chai	250mL	184	1.0	1.4	1.1	6.8	6.6	35	-	-
Sweet Honey	250mL	182	1.0	1.3	1.0	7.0	6.4	28	-	-
Vanilla	250mL	184	1.0	1.4	1.1	6.8	6.6	30	-	-

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Product Name	Serving Size	Energy	Protein	Fat		Carbohydrate	Sugars	Sodium	Flavonoid	Theanine
				Total	Saturated					
		kJ	g	g	g	g	g	mg	mg	mg
<b>LIPTON</b>										
<b>Chai Tea Bags*</b>										
Chai	250mL	15	0.4	<0.1	<0.1	0.4	<0.1	<5	-	-
Green Chai	250mL	15	0.4	<0.1	<0.1	0.4	<0.1	<5	-	-
Vanilla Chai	250mL	15	0.4	<0.1	<0.1	0.4	<0.1	<5	-	-
<b>LIPTON ICE TEA</b>										
Green	500mL	117	<0.1	<0.1	<0.1	6.8	6.8	10	7	-
Green Mango	500mL	119	<0.1	<0.1	<0.1	6.9	6.9	<5	9	-
Green Citrus	500mL	119	<0.1	<0.1	<0.1	6.9	6.8	<5	7 - 24	-
Light Green Lemon	500mL	5	<0.1	<0.1	<0.1	<0.1	<0.1	12	26	-
Lemon	250mL	117	<0.1	<0.1	<0.1	6.7	6.7	<5	19	-
Light Peach	250mL	3	<0.1	<0.1	<0.1	<0.1	<0.1	<5	15 - 18	-
Mango	250mL	118	<0.1	<0.1	<0.1	6.8	6.8	<5	16	-
Peach	250mL	115	<0.1	<0.1	<0.1	6.8	6.8	<5	15 - 18	-
Raspberry	500mL	119	<0.1	<0.1	<0.1	6.9	6.9	10	5 - 15	-
Red	500mL	99	<0.1	<0.1	<0.1	5.7	5.7	<5	11 - 22	-

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Product Name	Serving Size	Energy	Protein	Fat		Carbohydrate	Sugars	Sodium	Flavonoid	Theanine
				Total	Saturated					
				g	g					
		kJ	g	g	g	g	g	mg	mg	mg
<b>BUSHELLS</b>										
Teabags*										
Blue Label	200mL	Negligible	0	0	0	0	0	Negligible	50 - 100	-
Blue Label Extra Strong	200mL	Negligible	0	0	0	0	0	Negligible	50 - 100	-
Round	200mL	Negligible	0	0	0	0	0	Negligible	50 - 100	-
Australian Breakfast	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Leaf Tea*										
Blue Label	200mL	<10	0	0	0	0	0	Negligible	50 - 100	-
Extra Strong	200mL	<10	0	0	0	0	0	Negligible	50 - 100	-
Supreme	200mL	<10	0	0	0	0	0	Negligible	50 - 100	-
<b>LAN-CHOO*</b>										
Cup Bags	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Pot Bags	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Leaf Tea	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
<b>CHOYSA*</b>										
Square Tea Bags ^	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Round Tea Bags ^	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Leaf Tea ^	200mL	Negligible	0	0	0	0	0	Negligible	-	-
<b>PG TIPS*</b>										
Tea Bags ^	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-

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