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Next

Healthiest drink at kung fu tea

If you find yourself at a Kung Fu Tea, it might be smart to grab one of their low calorie drinks on their extensive menu. Not only do you want to drink something that's healthy and low in calories, but it will benefit you the most to find something high in vitamins, minerals, and energy producing ingredients. The 'key' to selecting the perfect low-calorie drink option is to pass on the 420-calorie Oreo Slush and choose something like a 0-calorie Kung Fu Black Tea. This drink option will not only be better for your waistline but be much better for your health. Finding the healthiest drink among the classic teas, punch, milk tea, slushes, milk strikes, yogurts, and espressos can be challenging with so many great options but look closely and you will find one that works best for you. Next time you find yourself at Kung Fu Tea, try one of these 8 low calorie drinks on the menu. 8 Low Calorie Drinks at Kung Fu Tea 1. Classic Kung Fu Tea The first low-calorie drink on Kung Fu Tea menu is the Classic Kung Fu Tea. This drink is crisp, refreshing, and perfect for an early afternoon strole through the park. It's also good that it only has 0 calories per drink so get one of these if you need a little flavor with your next meal. 2. Peach Ooling Punch Next on this list of healthy drinks at Kung Fu Tea is the Peach Ooling Punch. This drink has made a run up the taste charts and will only cost you 60 calories. Grab this drink for a refreshing start to your day. 3. Kung Fu Milk Tea Third on this list of tasty drinks from Kung Fu Tea is their Kung Fu Milk Tea. A perfect breakfast drink, it will go well with the bacon, egg, and cheese croissant. This drink touts loads of vitamin D, calcium, and protein and will net you only 173 calories. 4. Mango Slush If you need to be a kid again, you might opt for the Mango Slush. This drink is going to be much healthier than your standard soda and will be much better for your waistline. Don't be afraid to grab this drink and net yourself 187 calories on the day. 5. Chai Milk A healthy and low-calorie drink option from Kung Fu Tea is their Chai Milk. This often forgot about drink will provide your body with vitamin D, calcium, and protein. This drink will only add an extra 80 calories and will give you a burst of energy. 6. Signature Coffee or Latte The perfect pick-me-up at Kung Fu Tea is their fresh brewed coffee or Latte. This warm and comforting beverage will provide your body with energy and antioxidants. The best part is this drink will set you back only 91 calories. It takes 2,000 leaves to make just one pound of teaDid you know?? 7. Yogurt Lemonade Another great drink that will add some antioxidants to your day is their Yogurt Lemonade. Freshly made every day, Kung Fu Tea iced tea is a nice refreshing afternoon drink. It's also a drink that only adds 114 calories to your meal. 8. Cappuccino Last on this low-calorie list of drinks from Kung Fu Tea is their Cappuccino. If you must have a coffee drink with a little bit of flavor, you might as well opt for one of these. This 84-calorie drink will give you the taste you are looking for. Summary: 8 Low Calorie Drinks at Kung Fu Tea Some of the best low-calorie drinks from Kung Fu Tea are not only going to be healthy for your body but full of vitamins, minerals, and antioxidants. Many of these teas, slushes, yogurts, and coffees are going to give you the energy you are looking for to get you through the day. You need to avoid all the high sugar, high calorie drinks and go for something a little bit healthier for your body. A cappuccino or Milk Green Tea is going to be much better for you than a Matcha Red Bean Slush. link to 8 Low Calorie Drinks at Wendy's link to 7 Low-Calorie Smoothies at Tropical Smoothie Cafe © 1996-2014, Amazon.com, Inc. or its affiliates Kung Fu Bubble Tea, 16 ozCalories: 400 •Carbs: 56g •Fat: 11g •Protein: 9gKung Fu Tea, 1 cupCalories: 40 •Carbs: 0g •Fat: 0g •Protein: 0gKung Fu Tea, 1 serving cookedCalories: 298 •Carbs: 73g •Fat: 0g •Protein: 1gKung Fu Tea, 16 ozCalories: 60 •Carbs: 20g •Fat: 0g •Protein: 0gKung Fu Tea, 16 ozCalories: 103 •Carbs: 26g •Fat: 0g •Protein: 0gKung Fu Tea, 1 Medium, 100% SugarCalories: 313 •Carbs: 75g •Fat: 3g •Protein: 1gKung Fu Tea, 1 LargeCalories: 353 •Carbs: 80g •Fat: 4g •Protein: 2g As an owner of the Kung Fu Tea Fort Lee store, Jackie Lee, with the support of the founders, provides innovative ideas to bring Western and Eastern culture together. As a Taiwanese style milk tea store, corporate headquarters contract with suppliers in Taiwan to support the purchase of authentic products rather than obtaining supplies from a cheaper local supplier. Kung Fu Tea makes a great impact on the American culture, market, and environment. On the short-term, they bring the Taiwanese food culture to America and integrate the bubble tea into local culture to create brand-new products. Mr. Lee has integrated some of the traditional recipes for customers who want to get closer to the Asian experience in addition to providing many seasonal drinks to relate to locals and keeping with American holiday traditions. For example, they promote a pumpkin side drink on Halloween which is a combination of pumpkin flavor and Oolong milk tea. Furthermore, Kung Fu is about discipline and patience, so they put effort on focusing and pioneering the use of actual tea leaves in their brewing process. The difference between these two cultures became the biggest challenge and the biggest selling point for the store. As a result, Mr. Lee's store, and the 170 other locations have integrated healthy alternatives to replace soft drinks, heavily caffeinated coffees, and high caloric desserts. Although Kung Fu Tea sells Asian beverages, their culture is one of inclusivity and their product line is as diverse as the company's customer base. The products have been tailored to diverse groups of people. For example, beverages can be adjusted by decreasing the sugar level for older populations. Additionally, if there is a preference for sweeter drinks the company has measurements to support such tastes. The company has very much integrated itself into the lifestyle of its consumers in a world of ritual and social media exposure. There is never a bad time to incorporate healthy habits into your lifestyle. Dehydration is not a healthy habit. And for weight loss, the only worse habit is quenching your thirst with sugary drinks. Yes, brown sugar bubbles, caramel foam cap milk tea, that means you too. But don't worry. If you can't live without bubble tea then here is how you can get your fix while on a diet. The original tea culture came from Chinese tea houses. They served dim sum and sometimes traditional Chinese medicines (TCM). Once sugar made a power play, traditional tea culture transformed into its modern form: bubble tea shops. Just because sugar is king, that doesn't mean you can't put it in check. Most bubble tea menu items let you choose how much sugar you want. Go for 10% added sugar or less to cut away added calories.Avoid the ones that don't allow you to choose, because usually a lot of sugar is premixed into them. Cut the bubbles out of your bubble tea. The pearls in your bubble tea are made from tapioca, which is a glorified starch. It offers no nutrition but packs on extra calories. It can't even keep you full. The same goes for cookies, puddings and jellies. The least calorie topping choice is aloe jelly. According to Kung Fu Tea's menu it has half the calories of other jellies. If you want a little more texture in your drink, try young coconut meat, roasted brown rice/genmai, barley, or whole red beans. Red beans are more of an occasional treat. Like other toppings, red beans are high in calories and high in added sugars. The difference is that it is a whole food that has some protein and some natural calcium. In theory it is better than the empty calorie toppings and may be better at keeping you full.The best practice: Opt for half a scoop and proceed with caution.Another way to get the most out of your bubble tea is to use whole fat milk instead of cream. Whole fat milk has more nutrients than cream and by keeping it full fat, you are less likely to be hungry later. Soy milk works too. Keeping it traditional with herbal teas like green, oolong, osmanthus and black tea is the best way to keep your metabolism boosted. Your metabolism gets even more excited when you add ginger into your herbal teas.But don't forget that there are also benefits from drinking fruit teas as well.Fruit teas tend to be more acidic which helps to break down fats and digest foods. If they use fresh fruits, then they can help you get your daily fruit serving. The best part is that as long as you opt out of the added sugars, you can get a naturally sweet drink, guilt free.So it's time to let lemons become your best friend. Bubble tea cafes aren't the only way to get a cool tea fix. You can get a yummy, exotic, sweet tea drink at home. Meet dessert tea. Western dessert flavors are infused into traditional teas with no added sugar. The result is another low calorie sweet drink to enjoy at home.Speaking of home brews, check out our article on TCM teas.Get social with your tea lifestyle. Share these tips with a friend!

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