How Much Sugar Is in a Cup of Tea?

From the teas.co.uk wiki

> **How much sugar in tea, in summary:** Tea itself has zero sugar; the cup has exactly what you spoon in. The tally and why the daily total is the real number.

How much sugar is in a cup of tea? In the tea itself, none. In the cup, exactly what you add, and the number is the daily total. This sits in the sweetening cluster beside is sugar in tea bad.

Last reviewed by the teas.co.uk team in May 2026.

General information on sugar in tea; no medical or dietary advice. Questions about blood sugar or your diet belong with a pharmacist, GP or dietitian.

Plain tea has zero sugar

Black, green, white, oolong and pure herbal infusions contain no sugar. Any sugar in your cup is added, milk adds a trace of natural lactose but not "sugar" in the added sense.

A rough per spoon tally

A level teaspoon of sugar is around four grams. One sugar per cup, several cups a day, quickly becomes a notable share of a sensible daily free sugar allowance, all from a drink you do not think of as sweet.

The daily total is the real figure

The meaningful number is not one cup, it is the running total: spoons times cups times days. That is why small reductions in tea sugar have an outsized cumulative effect, see how to cut sugar in tea.

Shop bought and sweetened teas

Pre sweetened iced teas, bottled teas and sweet chai lattes can carry surprisingly high sugar, often closer to a soft drink than a cuppa; this is a different scale from a home spoon and worth reading the label for.

Honey and syrups count the same

A teaspoon of honey or syrup is comparable to sugar in this tally; switching form does not lower the number meaningfully, only using less does, see honey in tea.

What is a sensible amount

There is no required amount, the ideal for taste is "the least the cup needs", which with well brewed good tea is often little or none, see tea without sugar.

Bottom line

Tea has no sugar; your cup has what you add; the figure that matters is the daily total. Cutting it is a high leverage, low effort change, see is sugar in tea bad.

Sugar in a cup of tea, at a glance

Item	Roughly
Plain tea (no additions)	Zero sugar
1 level teaspoon sugar	~4 g
2 sugars, 4 cups/day	~32 g added sugar/day from tea alone
1 teaspoon honey	~5 to 6 g; counts the same nutritionally
Shop-bought sweetened iced tea	Often 20 to 30 g per serving, read the label

Where this fits in the wider range: English Breakfast, Earl Grey, green tea, loose leaf tea, Darjeeling, oolong, and herbal tea. There is plenty more in the tea shop, with no postage to pay on UK orders above £35.

FROM THE CURATOR

teas · Choose the tea by the taste in the cup, not the label. The rest of the range can wait until you know how sweet you like it.

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- How to cut sugar in tea
- Tea without sugar
- Milk in tea

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