

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.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for How Much Sugar Is in a Cup of Tea?. Canonical: <https://teas.co.uk/wiki/how-much-sugar-in-tea/>*

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 about tea, not medical or dietary advice. For blood sugar or diet concerns speak to a pharmacist, GP or dietitian.

Plain tea has zero sugar

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Plain tea has zero sugar, How Much Sugar Is in a Cup of Tea?. Canonical: <https://teas.co.uk/wiki/how-much-sugar-in-tea/>*

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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for A rough per spoon tally, How Much Sugar Is in a Cup of Tea?. Canonical: <https://teas.co.uk/wiki/how-much-sugar-in-tea/>*

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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The daily total is the real figure, How Much Sugar Is in a Cup of Tea?. Canonical: <https://teas.co.uk/wiki/how-much-sugar-in-tea/>*

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

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Shop bought and sweetened teas, How Much Sugar Is in a Cup of Tea?. Canonical: <https://teas.co.uk/wiki/how-much-sugar-in-tea/>*

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

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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](#), and UK postage is free above £35.

FROM THE CURATOR teas · Buy on the cup, not on the label. The wider shelf is there for when you know what you like.

More tea reading

- [Honey in tea](#)
- [How to cut sugar in tea](#)
- [Tea without sugar](#)
- [Milk in tea](#)

Shop the topic

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- [How to make tea properly](#)
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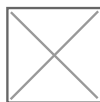
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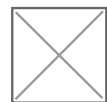
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