Milk Tea & Coffee Lower-Sugar Order Card

Start with size - not only the sweetness setting.

Milk tea

- Small cup
- No extra sugar or lowest sweetness
- No cream foam
- At most one topping

Coffee

- Small Americano, cold brew or plain latte
- Half the syrup
- No whipped topping
- Check flavored milk and condensed milk

Final check

- 0% sweetness may not mean zero sugar
- A sweet drink is dessert, not hydration
- Frequency matters more than one perfect order

Educational only - not individual medical advice