

# iced matcha latte nutrition

**iced matcha latte nutrition** is a topic of growing interest among health-conscious consumers and beverage enthusiasts alike. This refreshing drink combines the vibrant flavor of matcha green tea powder with the creamy texture of milk served over ice, making it a popular choice for a nutritious and energizing beverage. Understanding the nutritional profile of an iced matcha latte is essential for those looking to balance taste with health benefits, especially as this drink offers antioxidants, caffeine, and various vitamins and minerals. This article will explore the detailed nutritional content of iced matcha lattes, examine the health benefits and potential drawbacks, and provide guidance on how to customize the drink to meet specific dietary needs. Additionally, comparisons with other coffee and tea beverages will be discussed to highlight its unique attributes. The following sections will offer a comprehensive overview of iced matcha latte nutrition and its role in a balanced diet.

- Nutritional Breakdown of Iced Matcha Latte
- Health Benefits of Iced Matcha Latte
- Potential Drawbacks and Considerations
- Customizing Your Iced Matcha Latte for Nutrition
- Comparisons with Other Popular Beverages

## Nutritional Breakdown of Iced Matcha Latte

To appreciate the full scope of iced matcha latte nutrition, it is important to analyze its main ingredients: matcha powder, milk, and any added sweeteners or flavorings. Each component contributes to the overall caloric content, macronutrients, vitamins, minerals, and other bioactive compounds.

### Calories and Macronutrients

An average 12-ounce iced matcha latte contains approximately 150 to 250 calories, depending on the type of milk and sweeteners used. The macronutrient composition varies accordingly:

- **Carbohydrates:** Typically ranges from 15 to 30 grams, mainly from lactose in milk and any added sugar or syrups.
- **Proteins:** Usually between 6 and 10 grams, primarily from milk protein, which supports muscle repair and satiety.

- **Fats:** Varies from 2 to 10 grams depending on whether whole milk, skim milk, or plant-based alternatives like almond or oat milk are used.

## Vitamins and Minerals

Matcha contains significant amounts of several micronutrients, especially when consumed in powdered form as opposed to brewed green tea. The milk also contributes key vitamins and minerals:

- **Vitamin C:** Present in matcha, aiding immune function and antioxidant defense.
- **Vitamin A:** Found in milk, essential for vision and skin health.
- **Calcium:** Abundant in dairy milk and fortified plant milks, crucial for bone health.
- **Iron:** Matcha provides some iron, though its absorption can be limited by plant compounds.
- **Potassium and Magnesium:** Both found in matcha and milk, important for cardiovascular and muscular function.

## Caffeine Content

Matcha is known for its moderate caffeine content, which can range from 30 to 70 milligrams per serving of iced matcha latte, depending on the amount of matcha powder used. This caffeine level is typically lower than that of a regular iced coffee but provides a more sustained energy boost due to the presence of L-theanine, an amino acid that promotes calm alertness.

## Health Benefits of Iced Matcha Latte

The nutritional components of iced matcha latte contribute to several health-promoting effects. This section highlights the key benefits associated with regular consumption of this beverage.

### Rich Source of Antioxidants

One of the most significant advantages of iced matcha latte nutrition is its high antioxidant content. Matcha is rich in catechins, particularly epigallocatechin gallate (EGCG), which combats oxidative stress and may reduce inflammation. These antioxidants support cellular health and have been linked to lower risks of chronic diseases such as heart disease and certain cancers.

## **Supports Metabolism and Weight Management**

Green tea extracts, including those in matcha, have been studied for their potential to enhance metabolic rate and fat oxidation. Drinking iced matcha latte as part of a balanced diet may support weight management efforts by increasing calorie burn and improving fat metabolism.

## **Enhances Mental Focus and Calmness**

The combination of caffeine and L-theanine in matcha provides a unique cognitive benefit. Unlike the jittery effects often associated with coffee, iced matcha latte nutrition promotes alertness while reducing stress and improving concentration, making it a favored choice for mental clarity.

## **Provides Essential Nutrients**

Beyond antioxidants and caffeine, iced matcha latte offers important vitamins and minerals that contribute to overall well-being, including calcium for bones, vitamin A for skin, and magnesium for muscle function.

## **Potential Drawbacks and Considerations**

While iced matcha latte nutrition offers many health advantages, certain considerations should be kept in mind to avoid potential negative effects.

### **Caffeine Sensitivity**

Individuals sensitive to caffeine may experience insomnia, nervousness, or increased heart rate even from the moderate amounts present in iced matcha lattes. It is advisable to monitor intake and avoid late-day consumption if prone to sleep disturbances.

### **Added Sugars and Calories**

Many commercially prepared iced matcha lattes contain added sugars or flavored syrups that increase calorie content substantially. Excessive sugar intake can negate some health benefits and contribute to weight gain, blood sugar spikes, and dental issues.

## Oxalates and Iron Absorption

Matcha contains oxalates, compounds that in large amounts may contribute to kidney stone formation in susceptible individuals. Additionally, oxalates can inhibit iron absorption, which may be a concern for people with iron deficiency.

## Customizing Your Iced Matcha Latte for Nutrition

To maximize the health benefits of an iced matcha latte while tailoring it to individual dietary preferences, customization options can be explored.

### Choosing the Right Milk

The type of milk used significantly impacts the nutritional profile. Options include:

- **Dairy milk:** Provides protein, calcium, and vitamin D; whole milk increases fat content.
- **Almond milk:** Low in calories and fat but generally lower in protein unless fortified.
- **Oat milk:** Higher in carbohydrates and fiber, often fortified with vitamins and minerals.
- **Soy milk:** Rich in protein and often fortified, making it a balanced plant-based option.

### Adjusting Sweeteners

To reduce added sugars, natural sweeteners such as stevia, monk fruit, or small amounts of honey can be used. Alternatively, unsweetened versions allow the natural flavors of matcha and milk to shine without extra calories.

### Portion Control

Smaller serving sizes can help manage calorie intake while still enjoying the benefits of iced matcha latte nutrition. Preparing the drink at home allows precise control over ingredients and portions.

# Comparisons with Other Popular Beverages

Understanding how iced matcha latte nutrition compares to other common beverages can guide informed choices based on health goals and taste preferences.

## Iced Matcha Latte vs. Iced Coffee

While both beverages contain caffeine, iced matcha latte generally has less caffeine than iced coffee and provides antioxidants not found in coffee. Additionally, the presence of L-theanine in matcha results in a more balanced energy boost without the typical coffee jitters.

## Iced Matcha Latte vs. Regular Green Tea

Iced matcha latte is made with powdered whole tea leaves, providing more concentrated nutrients compared to brewed green tea. The addition of milk increases protein and calcium content, making it more filling and nutritious.

## Iced Matcha Latte vs. Other Tea Lattes

Compared with chai or turmeric lattes, iced matcha latte offers a distinct antioxidant profile and moderate caffeine content. Each tea latte brings unique health properties and flavor profiles, allowing consumers to select based on nutritional priorities and taste.

## Frequently Asked Questions

### What are the main nutritional benefits of an iced matcha latte?

An iced matcha latte is rich in antioxidants, particularly catechins from matcha green tea, which help fight free radicals. It also provides a moderate amount of caffeine for energy and, depending on the milk used, can offer calcium and protein.

### How many calories are typically in an iced matcha latte?

The calorie content of an iced matcha latte varies depending on the size and type of milk used, but a typical 16 oz serving with whole milk contains around 190-250 calories. Using plant-based or low-fat milk can reduce the calorie count.

## **Is an iced matcha latte a good option for those watching their sugar intake?**

Iced matcha lattes can contain added sweeteners or syrups, which increase sugar content. Choosing unsweetened or lightly sweetened versions and using milk alternatives without added sugars can make it a better option for those monitoring sugar intake.

## **How much caffeine does an iced matcha latte contain compared to coffee?**

An iced matcha latte generally contains about 70 mg of caffeine per 16 oz serving, which is less than a typical 16 oz coffee that contains around 150-200 mg. Matcha provides a more sustained energy boost without the jitters often associated with coffee.

## **Can drinking iced matcha lattes help with weight management?**

Matcha contains compounds that may boost metabolism and fat oxidation, potentially aiding weight management. However, the overall impact depends on the latte's ingredients; high sugar or calorie content can counteract these benefits.

## **Are there any common allergens in iced matcha lattes to be aware of?**

Common allergens in iced matcha lattes can include dairy from milk, soy if soy milk is used, and sometimes nuts if nut-based milk alternatives are chosen. It's important to check ingredient labels or ask about preparation methods if you have allergies.

## **Additional Resources**

### *1. The Nutritional Power of Iced Matcha Lattes*

This book dives deep into the health benefits of iced matcha lattes, exploring the rich antioxidant content and metabolism-boosting properties of matcha green tea. It explains how incorporating this refreshing beverage into your diet can support overall wellness. Readers will find detailed nutritional breakdowns and tips for maximizing the health advantages of iced matcha lattes.

### *2. Matcha Magic: A Guide to Healthy Iced Latte Recipes*

Focusing on delicious and nutritious iced matcha latte recipes, this guide helps readers craft beverages that are both tasty and beneficial. It highlights the importance of using quality matcha powder and natural sweeteners for optimal nutrition. The book also covers the calorie content and potential health impacts of different recipe variations.

### *3. Superfoods in a Glass: The Iced Matcha Latte Edition*

This book presents iced matcha lattes as a superfood drink, emphasizing its role in providing vitamins, minerals, and antioxidants. It compares matcha to other popular superfoods and explains why it's an excellent choice for a nutrient-dense beverage. Practical advice on choosing ingredients and preparing iced matcha lattes is included.

#### 4. *Green Energy: The Science of Iced Matcha Latte Nutrition*

Exploring the scientific aspects of matcha nutrition, this book explains how the compounds in matcha contribute to sustained energy and mental clarity. It discusses caffeine content, L-theanine benefits, and how iced matcha lattes can be a healthier alternative to coffee-based drinks. The book also reviews studies on matcha's impact on metabolism and cognitive function.

#### 5. *Refreshing Wellness: Iced Matcha Lattes for a Healthy Lifestyle*

This book promotes iced matcha lattes as a part of a balanced and health-conscious lifestyle. It includes insights on how this drink supports hydration, weight management, and antioxidant intake. Readers are guided through creating personalized iced matcha lattes that fit various dietary needs and preferences.

#### 6. *Calorie Counts and Benefits: Iced Matcha Latte Nutrition Explained*

A straightforward resource, this book provides clear information on the calorie content and nutritional values of different iced matcha latte recipes. It breaks down macronutrients, vitamins, and minerals, helping readers make informed choices. The book also discusses how to enjoy iced matcha lattes without compromising dietary goals.

#### 7. *Matcha Lattes Uncovered: Ingredients and Nutritional Insights*

Delving into the components of iced matcha lattes, this book examines how each ingredient contributes to the overall nutrition profile. It covers various milk options, sweeteners, and matcha grades, offering advice on selecting the best combinations for health benefits. The book is ideal for those interested in understanding what makes a truly nutritious iced matcha latte.

#### 8. *From Leaf to Latte: The Journey of Nutrients in Iced Matcha Drinks*

This book traces the nutritional journey of matcha from harvest to preparation as an iced latte. It explains how processing affects the nutrient content and how to preserve matcha's beneficial properties when making iced beverages. Readers gain a comprehensive understanding of how to enjoy the healthiest iced matcha latte possible.

#### 9. *Holistic Health with Iced Matcha Lattes*

Focusing on the holistic health benefits, this book explores how iced matcha lattes fit into mind-body wellness practices. It discusses the calming effects of L-theanine combined with antioxidants for stress reduction and immune support. The book also includes lifestyle tips for integrating iced matcha lattes into daily routines for improved overall health.

## **Iced Matcha Latte Nutrition**

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**iced matcha latte nutrition: Menolicious** Mariella Frostrup, Belles Berry, 2025-09-23  
Menolicious is the essential cookbook for anyone navigating the challenges and changes of midlife; co-authored by two women passionate about food and feeling your best through perimenopause, menopause, and beyond. Menopause awareness campaigner Mariella Frostrup and chef and

daughter of Mary Berry, Belles Berry have teamed up to provide you with a menopause survival toolkit of quick, easy, and supremely delicious recipes to ease key symptoms of the menopause. Discover over 100 easy and nutritious recipes designed to help balance hormones, boost energy levels, improve weight management, and help you embrace the freedom of a new stage of life. You'll find recipes for: Anti-inflammatory breakfasts: Kale pancakes with tahini butter Fibre-packed salads: Ras el hanout rice salad with orange and cumin dressing Anti-bloat lunches: Poached salmon with pak choi and mushrooms Metabolism-boosting dinners: Coconut chicken and black bean stew Designed with nutrition and ease in mind, ninety percent of recipes are prepared in 30 minutes or less and are developed with an industry-leading nutritionist to ensure they are packed full of essential nutrients, a diverse variety of plants, and tasty, satisfying alternatives to less-healthy sugar and starch-heavy dishes. This is not just a recipe book, it's the timeless gift of good food and straightforward nutrition to help you re-calibrate and eat your way to a better menopause.

**iced matcha latte nutrition: Copycat Cookbook** Anthony Taylor, 2022-10-17 Are you looking for a cookbook containing handpicked amazing recipes? Are you looking for tasty and easy restaurant recipes to prepare? If yes, keep reading, this book is your next cooking buddy in the kitchen. □ This book covers more than 150 accurate and tasty recipes from the most famous restaurants. So, you can cook your favorite dishes in your kitchen, using your tools with your own hands. Feel more excited about cooking while you give your touch to the meals you will be preparing. It will be gratifying and exciting. You can make homemade versions of the meals you love from your favorite restaurants, adapting them to your taste, at a lower cost, and with health benefits! Restaurant recipes usually contain more ingredients rich in fat than dishes prepared at home. We all yearn to be raised with so much love from family members, and it's always the happiest feeling to be with them. Whenever we are away from home, we miss our family and always look at the warm feeling that our home brings us. That is why, after an exhausting day, we always want to go home to our family. Once again, we feel that happiness when all family members gather to share and create sweet memories together. Nevertheless, people are always busy at work or school, no matter how much you've always wanted to be together. So make it a habit to eat your meals together every time you have the chance to spend time with your loved one. I want to make your life easier and give you more time in this busy family life. Let's not miss a delicious family meal, if possible, to spend more time together with our loved ones. This book covers the following topics: · Famous Breakfast and Brunch Recipes · Pasta Soups Recipes · Beef and Pork Recipes · Bread and Pizza · Snacks and Desserts Recipes · Restaurant favorite recipes · Sides and Salads Recipes · Poultry and Fish ...And Much More! Preparing and eating such recipes at home offers opportunities for the whole family to chat about their day. It is not only a fun thing to do, but it is also a perfect way to teach your kids good eating habits by involving them in food preparation (maybe by letting them read the recipe out loud or mixing the ingredients). So, get your kitchen ready, grab a copy of this book now and start cooking!

**iced matcha latte nutrition: Nancy Clark's Sports Nutrition Guidebook** Nancy Clark, 2020 Resource added for the Wellness and Health Promotion program 105461.

**iced matcha latte nutrition: 125 Best Juices, Smoothies and Healthy Snacks** Emily von Euw, 2022-01-25 Standout Healthy and Satisfying Juices, Smoothies and Snacks Juices and smoothies are packed with the vitamins and nutrients you need to nourish your body. And in this updated version of 100 Best Juices, Smoothies and Healthy Snacks, you'll receive 25 all-new recipes for delicious green smoothies and juices. Recipes include: • Superpowered Matcha Latte • All the Greens Juice • Savory Veggie Juice • Spirulina Vanilla Mylkshake • Banana Spinach Almond Dream • Pineapple Berry Mixer • Vanilla Melon Magic • Strawberry Mylkshake • Dark Chocolate Chip, Oat and Hemp Cookies • Dare to Date Squares • Hippie Hemp Hummus • Cheezy Garlic Kale Chips Each sip or bite will boost your metabolism, strengthen your immune system and help you get your daily-recommended intake of fruits and vegetables. With recipes that are not only good for you and easy to make, but tasty and portable as well, you'll be clinging to this healthy living companion with both hands.



**iced matcha latte nutrition: Copycat Recipes** Anthony Taylor, 2022-10-17 Are you looking for a cookbook containing handpicked amazing recipes? Are you looking for tasty and easy restaurant recipes to prepare? If yes, keep reading, this book is your next cooking buddy in the kitchen. □ This book covers more than 150 accurate and tasty recipes from the most famous restaurants. So, you can cook your favorite dishes in your kitchen, using your tools with your own hands. Feel more excited about cooking while you give your touch to the meals you will be preparing. It will be gratifying and exciting. You can make homemade versions of the meals you love from your favorite restaurants, adapting them to your taste, at a lower cost, and with health benefits! Restaurant recipes usually contain more ingredients rich in fat than dishes prepared at home. We all yearn to be raised with so much love from family members, and it's always the happiest feeling to be with them. Whenever we are away from home, we miss our family and always look at the warm feeling that our home brings us. That is why, after an exhausting day, we always want to go home to our family. Once again, we feel that happiness when all family members gather to share and create sweet memories together. Nevertheless, people are always busy at work or school, no matter how much you've always wanted to be together. So make it a habit to eat your meals together every time you have the chance to spend time with your loved one. I want to make your life easier and give you more time in this busy family life. Let's not miss a delicious family meal, if possible, to spend more time together with our loved ones. This book covers the following topics: · Famous Breakfast and Brunch Recipes · Pasta Soups Recipes · Beef and Pork Recipes · Bread and Pizza · Snacks and Desserts Recipes · Restaurant favorite recipes · Sides and Salads Recipes · Poultry and Fish ...And Much More! Preparing and eating such recipes at home offers opportunities for the whole family to chat about their day. It is not only a fun thing to do, but it is also a perfect way to teach your kids good eating habits by involving them in food preparation (maybe by letting them read the recipe out loud or mixing the ingredients). So, get your kitchen ready, grab a copy of this book now and start cooking!

**iced matcha latte nutrition: The Okinawa Diet Cookbook: Recipes For Optimal Health, Vitality and Longevity** Monika Shah, The Okinawa Diet Cookbook: Recipes For Optimal Health, Vitality and Longevity This book has been designed for people who are looking to start cooking Okinawan food (especially known for longevity and optimal health), offering easy-to-follow recipes and essential tips to make each dish a success. Let's take a closer look at what this book has to offer: 100+ Okinawan Recipes: The book comes with well over 100 Okinawan recipes that are beginner-friendly. You will find recipes for Breakfast, Appetizers, Snacks, Soups & Stews, Main Dishes, Rice and Noodle Dishes, Side Dishes, Fermented Foods, Desserts, and Beverages. Separated Sections for Vegetarian and Non-Vegetarian Recipes: The book also offers easy and time-saving navigation as it comes with separate sections for vegetarian and non-vegetarian recipes for each category. The Top 5 Recipes: The book offers three unique sections where it covers the Top 5 Okinawan recipes. This includes Recipes for Festivals, 5-Ingredient Recipes, and Pack & Take With You Recipes. Accurate Nutritional Information: Each recipe comes with accurate Nutritional Information Tables to help people know what nutrition they are getting and in what quantities. This book is perfect for anyone interested in Okinawan cuisine, known for its great health benefits, wellness, and simply delicious, wholesome food. The Okinawa Diet Cookbook is more than just a cookbook—it's a way to change your life, one meal at a time.

**iced matcha latte nutrition: Healing through Nutrition** Eliza Savage MS, RD, CDN, 2020-03-24 Harness the healing power of plant-based foods Natural medicine isn't just herbs and oils—what you eat every day has the power to support your health and well-being. Healing through Nutrition is your essential guide to 50 plant-based foods packed with vital nutrients like antioxidants and dietary fibers. With this nutrition reference at your fingertips, it's easy to integrate more plants into your diet—and invite their healing properties into your life. Discover some of the greatest benefits of plant-based nutrition and learn the basics about food and beverage remedies. With details for a wide variety of superfoods—vegetables, fruits, whole grains, nuts, herbs and spices, even coffee and tea—you'll find resources for many common health problems. In Healing through

Nutrition, you'll find: 50 healing sources—Get acquainted with each food's restorative powers, the medical conditions it may benefit, and how you can use it in your everyday life. 94 nourishing recipes—Integrate each nutrition source into your life with one or two accompanying recipes, like Apple Cinnamon Ginger Oats, Chickpea-Stuffed Acorn Squash, Grapefruit Avocado Salad, and more. Food as medicine—Explore a short history of nutritional healing and get the rundown on adding medicinal foods to your diet for overall wellness. Apply Mother Nature's helping hand to many possible health issues with Healing through Nutrition.

**iced matcha latte nutrition: The Essential Oils Menopause Solution** Dr. Mariza Snyder, 2025-02-04 Alleviate the symptoms of perimenopause and menopause with simple and safe DIY diffusions, tonics, and tinctures made with essential oils, from “a true innovator and thought leader in the field of women’s hormone health” (JJ Virgin, New York Times bestselling author of The Virgin Diet). What if menopause didn’t have to be a struggle? Your body is always changing—necessarily and beautifully—throughout life. During menopause, however, declining ovarian function and fluctuating hormones often clash with environmental toxins, stress, and digestive distress, leading to the symptoms we have been told we should expect: hot flashes, weight gain, brain fog, low libido, and irritability. But as women’s hormonal health expert and bestselling author Dr. Mariza Snyder explains, you can and deserve to experience a good night’s sleep, clear thinking, stable moods, an energized metabolism, and pain-free sex. The solution is not to medicate the changes, but instead get to the root cause of what’s really going on in the body. In *The Essential Oils Menopause Solution*, Dr. Mariza offers a cutting-edge, comprehensive plan to do just that, including: • a clear explanation of what’s happening in your body before, during, and after “the change,” and how certain lifestyle triggers exacerbate hormonal imbalance. • the latest science behind the benefits of essential oils as safe, effective solutions for perimenopause and menopause symptoms. • more than 75 recipes and protocols designed to provide solutions for deep, restful sleep, anxiousness, mood swings, fatigue, hot flashes, low libido, brain fog, vaginal dryness, digestive distress, and much more. • a proven 21-day hormone-balancing program complete with meal plans, exercise recommendations, supplementation, and herbal therapies designed to reverse the myriad of symptoms affecting millions of women today. • easy self-care rituals to support every system of your body—from digestion and vaginal health to mitochondrial and liver function—throughout the perimenopausal and menopausal transition. Dr. Mariza Snyder is committed to helping women feel their best; her work is dedicated to solutions that heal a woman’s health from the ground up. In as little as twenty-one days, *The Essential Oils Menopause Solution* will help you reclaim vibrant, optimal, and long-lasting health.

**iced matcha latte nutrition: Keto Smoothie Recipe Book** Tasha Metcalf, 2025-06-17 Drink your way to ketosis Going keto doesn't mean giving up the satisfaction or convenience of smoothies. These rich and flavorful recipes toss out traditional ingredients like milk and sugary fruits, offering enjoyable alternatives that will help you keep your carbs low and achieve your health goals. What sets this healthy smoothie recipe book apart: Keto smoothies explained—Learn all about the science of smoothies and how they can become an important cornerstone of a successful keto diet. 75 tasty recipes—From Chocolate Hazelnut to Virgin Bloody Mary, discover a full range of ketofied recipes—complete with plenty of mouthwatering photos—that are sure to satisfy. Clear carb counts—Each smoothie lists its total carb count right at the top of the page, making it easy to find the options that will fit into your day. Beginner-friendly options—New to the keto diet? Choose from a selection of hydrating and restorative recipes designed to help fight the keto flu and keep you feeling your best. Keep smoothies on the menu with this standout smoothie cookbook.

**iced matcha latte nutrition: Cancer Hates Tea** Maria Uspenski, 2016-12-13 Drink Tea to Tell Cancer ‘Hit the Road’ Become a tea lover with a purpose and help your body defend itself against cancer. Learn to embrace tea in all its varieties— green, white, black, pu-erh, herbal and more—as both a mental and physical experience to protect your health. Discover the history, growing information and health implications of each variety, as well as uniquely delicious methods to boost your intake with serving suggestions, food pairings and recipes that highlight the benefits of tea.

After her own battle with cancer, Maria Uspenski extensively researched tea and discovered hundreds of studies that showed how powerful a five-cup-a-day (1.2 L) steeping habit could be. Tea is the most studied anti-cancer plant, with over 5,000 medical studies published on its health benefits over the past 10 years. By breaking down how tea works with your body's defenses against cancer in a lighthearted tone, Maria's serious research is approachable and relatable for anyone who is battling the disease or for family and friends of those fighting cancer. Start harnessing the wellness-promoting properties of tea and see your life change with an easy-to-follow three-week plan that gets tea polyphenols streaming through your system 24/7.

**iced matcha latte nutrition:** The Calorie, Carb and Fat Bible 2011 Juliette Kellow, Lyndel Costain, Laurence Beeken, 2011 This guide is designed for quick reference and ease of use. It contains full nutritional information, including individual serving sizes, for each food listed. It covers healthy diets, exercise, diet myths and advice for losing weight safely.

**iced matcha latte nutrition:** Boissons santé au fil des saisons Sabrina Romeo-Dussard, 2024-11-06 Connaissez-vous les nombreux bienfaits d'un kombucha, d'un matcha ou d'un latte faits maison ? Dans ce guide pratique, l'autrice, naturopathe passionnée, vous propose des recettes originales, riches en couleurs et en saveurs, bénéfiques pour notre santé, avec des ingrédients de saison. Découvrez de délicieuses boissons sans alcool, enrichies en super aliments, hydrolats, épices et aromates sélectionnés avec soin pour leurs vertus. La préparation de boissons fermentées au printemps, d'eaux aromatisées rafraîchissantes en été, de tisanes tonifiantes en automne et de lattes réconfortants en hiver n'aura plus de secret pour vous, sans oublier les jus revigorants et autres boissons festives tout au long de l'année. Dégustez sans plus attendre les trésors que nous offre la nature ! - 80 recettes saisonnières de matcha, infusions, eaux parfumées, jus, thés, pétillants, smoothies, lattes, citronnades et chocolats chauds aux saveurs originales. - Des boissons saines et délicieuses pour l'apéritif, le goûter, remplacer le café ou encore démarrer sa journée du bon pied ! - Des conseils pratiques en naturopathie. De délicieux nectars à consommer toute l'année, sans modération !

**iced matcha latte nutrition:** Mediterranean Magic Meals for Kitchen Beginners Mira Olivewood, 2025-06-21 Mediterranean Magic: Meals for Kitchen Beginners is your passport to the sun-drenched flavors of the Mediterranean, no passport or culinary experience required. Perfect for novice cooks, this beautifully accessible guide demystifies the world of Mediterranean cooking with easy-to-follow recipes, simple techniques, and ingredients you can find at your local store. Whether you're craving the warmth of a Greek lemon chicken, the freshness of a Caprese salad, or the comfort of a Moroccan tagine, each recipe is designed to bring joy to your kitchen and health to your table. With a focus on whole foods, vibrant herbs, heart-healthy oils, and rich cultural traditions, this book offers a delicious introduction to one of the world's most celebrated diets. Inside you'll discover: 50+ beginner-friendly recipes from Italy, Greece, Spain, Morocco, and beyond Step-by-step instructions and cooking tips for building confidence A guide to essential Mediterranean pantry staples Nutrition insights that make healthy eating a breeze Whether you're cooking for yourself, your family, or a gathering of friends, Mediterranean Magic will show you how to transform humble ingredients into dishes bursting with flavor and love.

**iced matcha latte nutrition:** The No Meat Athlete Cookbook Matt Frazier, Stephanie Romine, 2017-05-16 A Sports Illustrated Best Health and Wellness Book of 2017 Plant-powered recipes to power you—perform better, recover faster, feel great! A fast-growing global movement, No Meat Athlete (NMA) earns new fans every day by showing how everyone from weekend joggers to world-class competitors can become even healthier and fitter by eating whole plant foods. Now The No Meat Athlete Cookbook—written by NMA founder Matt Frazier and longtime health coach, yoga teacher, and food writer Stephanie Romine—showcases 125 delicious vegan recipes, many inspired by plant-based foods from around the world. Put nourishing, whole foods on the table quickly and affordably, with: Morning meals to power your day (Almond Butter-Banana Pancakes, Harissa Baked Tofu) Homemade sports drinks to fuel your workouts (Cucumber-Lime Electrolyte Drink, Switchel: The Original Sports Drink) Nutrient-packed mains to aid recovery (Naked Samosa Burgers, Almost

Instant Ramen) Sweets that work for your body (Two-Minute Turtles, Mango Sticky Rice) Oil-free options for every recipe; gluten-free and soy-free options throughout

**iced matcha latte nutrition: *The Feel-Good Way*** Cara Clark, 2025-05-13 A sustainable, science-based plan for nourishing your body, mind, and spirit from a celebrity nutritionist and bestselling co-author of *The Wellness Remodel* “Cara’s approach to diet and health is a lifestyle that is completely attainable for anyone who is seeking to take care of this one precious body that God has given to them.”—Carrie Underwood, from the foreword As a certified nutritionist who works with celebrities, professional athletes, and people from all walks of life, Cara Clark knows that taking care of yourself physically does not need to add to your hardship with deprivation or crash diets. And it doesn’t have to mean completely overhauling your life. Packed with nearly a hundred easy, delicious, macro-balanced recipes—including Peach Berry Cobbler Overnight Oats, Make-Ahead Pad Thai, Chili Lime Chicken, and nourishing snacks, smoothies, shakes, bowls, and desserts—*The Feel-Good Way* will empower you to become an expert on the food that fuels your body and soul. With the *Feel-Good* fundamentals, there is no deprivation and no absolute restrictions—it’s not all all-or-nothing approach. Instead, only a forever healthy lifestyle that you’ll want to continue because it makes you feel good, inside and out. Whether you’ve tried every diet and ended up more discouraged or you’re looking for creative, healthy recipes that your family will love, *The Feel-Good Way* is an essential guide to a better kitchen and a better life.

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