

Iced Tea vs Sweet Tea (vsdiff.com)

Aspect	Iced Tea	Sweet Tea
Typical sweetness	<i>unsweetened or light</i>	<i>noticeably sweet</i>
Common recipe	Black or green tea, chilled; simple syrup optional	Hot-brewed black tea with sugar added while hot
Calories (8 oz)	~0–5 kcal (unsweetened) to ~20–50 (lightly sweetened)	~90–160 kcal (typical: ~16–24 g sugar)
Caffeine (8 oz)	~30–70 mg (varies by leaf & steep)	~30–70 mg (similar; depends on brew)
Regional identity	Global	Strong association with the U.S. Southeast

Source: <https://vsdiff.com/iced-tea-vs-sweet-tea/>