

Green Tea



Out of the three main types of tea – black, oolong and green, “**green tea is the least processed and thus provides the most antioxidant polyphenols (EGCG), which is believed to be responsible for most of the health benefits.**” (<http://www.whfoods.com/>)

Health Benefits

Green tea is particularly rich in health-promoting flavonoids including EGCG. EGCG is thought to play a pivotal role in anticancer and antioxidant effects. Just 1 cup of green tea supplies 20-35mg of EGCG, which has the highest antioxidant activity of all the green tea catechins (flavonoids).

Protection Against Death from Causes of Disease

Lowers risk of Cardiovascular Disease (European Journal of Clinical Nutrition)

- Tea is a healthier choice than almost any beverage because it rehydrates as well as water and provides a rich supply of polyphenols protective against **heart disease**.
- Subjects who consumed 5 or more cups a day (compared to less than 1 cup) had a significantly lower risk of death from all causes, specifically risk of death from **CVD**.
- Women received stronger protection than men:

In Women	In Men
23% lower risk of dying from any cause	12% lower risk of dying from any cause
31% lower risk of dying from CVD	22% lower risk of dying from CVD
62% lower risk of dying from stroke	42% lower risk of dying from stroke

Lowers risk of coronary artery disease (Circulation Journal)

- Subjects drinking 5 or more cups of green tea each day were found to be **16% less likely** to suffer from coronary artery disease.
- Researchers concluded, “the more green tea patients consume, the less likely they are to have coronary artery disease.”

Lowers risk of atherosclerosis and developing high blood pressure (Archives of Internal Medicine)

- Lowers LDL cholesterol, triglycerides, and improves the ratio of LDL (bad) to HDL (good) cholesterol.
- Green tea lowered the risk of developing high blood pressure by 46% among those who drank 1/2 cup to 2-1/2 cups per day, and **65% less** among those consuming **more than 2-1/2 cups per day**.

Tip: If you simply cannot start your day without a cup of coffee, try a cup of green tea at your mid-morning/afternoon break as a pick-me-up.

Promotes fat loss

- Green tea promotes the loss of visceral fat – lines abdominal cavity and is highly associated with increased risk for metabolic syndrome and Type II Diabetes.
- Contains **three major components that promote fat loss**: catechins, caffeine and theanine. Green tea inhibits enzymes that digest triglycerides and fatty acid synthetase (breaks down fatty acids into the form that they can be stored in fat cells).

Decreases age-related cognitive impairment (American Journal of Clinical Nutrition)

- Drinking more than 2 cups a day (compared to less than 3 cups a week) had a **54% lower risk** of age-related declines in memory, orientation, ability to follow commands and attention.

Resources: <http://www.whfoods.com>