

NUTRITION TIPS & TRICKS

ICED TEAS THIS SUMMER

Berry Iced Teas

Blueberries and cranberries are great health assets due to their antioxidant properties. Tea made from the leaves of the blueberry plant prevents free radicals (molecules that can damage cell structure) due to the high antioxidant content. Blueberries are good for liver protection and improved brain function, and cranberries are great for the urinary tract and dental health. Get sipping!

Blueberry Rooibos Iced Tea

Ingredients

4 bags of rooibos tea
2 cups fresh or thawed frozen blueberries
1-2 tsp packed brown sugar (to taste)
1 tbsp fresh lemon juice
Lemon wedges for garnish

Directions

1. Steep tea in 8 cups of boiling water for 5 minutes. Discard bags.
2. In a saucepan, bring blueberries and 1 cup of water to a boil. Reduce heat and simmer for 5 minutes, stirring often, until berries break down. Add to tea.
3. Add brown sugar. Let cool to room temperature (about 30 minutes). Refrigerate for 2 hours.
4. Strain through a very fine sieve into a pitcher, pressing solids gently. Stir in lemon juice and garnish with lemon wedges.

Nutritional Information (per 1 cup): 47 calories | 0g total fat | 12g carbohydrates | 0g fibre | 0g protein



Source: canadianliving.com

Cranberry Orange Iced Tea

Ingredients

2 cups boiling water + 2 cups cold water
6 cranberry tea bags
¼ cup fresh lemon juice
½ tsp sugar (to taste)
1½ cups orange juice

Directions

1. In a large, heatproof pitcher, steep tea in boiling water for 5 minutes. Discard tea bags.
2. Stir in lemon juice and sugar until it dissolves.
3. Mix in cold water and orange juice. Refrigerate until chilled.

Nutritional Information (per 1 cup): 40 calories | 0.1g total fat | 8.8g carbohydrates | 0.2g fibre | 0.5g protein



Source: allrecipes.com

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Green Iced Teas

Green teas are especially healthy because they're high in a group of antioxidants called *catechins*. Catechins are more powerful than vitamins C and E in stopping oxidative damage to cells and have other disease-fighting properties. The best way to get catechins is to drink green tea freshly steeped for no more than 5 minutes.

Green Jasmine Mint Iced Tea

Ingredients

- 6 green jasmine tea bags
- ½ cup fresh mint leaves
- 4 cups simmering (not hot) water + 4 cups cold water
- ½ cup fresh lemon juice
- 1-2 tbsp honey (to taste)

Directions

1. Steep tea and mint leaves in simmering water for 2-3 minutes. Discard bags.
2. Strain mint leaves and pour into a large pitcher. Stir in lemon juice and honey until dissolved. Add cold water. Refrigerate until chilled.

Nutritional Information (per 1 cup): 46 calories | 0g total fat | 13g carbohydrates | 0g fibre | 0g protein



Source: eatingwell.com

Citrus Iced Teas

Arguably, the most important flavonoid in oranges is *hesperidin*. Research has shown it lowers high blood pressure and cholesterol and has strong anti-inflammatory properties. Most hesperidins are found in the peel and inner white pulp, so grate some orange zest and don't peel the inner white part off in this drink!

Citrus Orange Iced Tea

Ingredients

- 6 tea bags (Red Rose, Lipton, etc.)
- 1-2 tsp sugar (to taste)
- 10 sprigs fresh mint
- 300 ml orange juice
- Zest from 1 orange
- Juice of 1 lime

Directions

1. Steep tea with 1.2 L of boiling water. Add sugar and stir.
2. Add mint and infuse for 10 minutes. Strain and cool.
3. Pour into a pitcher. Stir in juices and zest. Serve with orange slices.

Nutritional Information (per 1 cup): 37 calories | 0g total fat | 9g carbohydrates | 0g fibre | 1g protein



Source: bbcgoodfood.com

Sources: health.harvard.edu, whfoods.com, livestrong.com, nccam.nih.gov
Piljac-Zegarac, A., Belscak, A., & Piljac, A. (2009). Antioxidant capacity and polyphenolic content of blueberry (*Vaccinium corymbosum* L.) leaf infusions. *Journal of Medicinal Food*, 3, 608-614.