

HEALTH News & Notes

Tea Topics

(NAPSA)—The next time you drink to your health, you may want to grab a cup of tea. It is a healthful and refreshing drink and green tea in particular provides antioxidants. Studies performed on these antioxidants indicate that they may be beneficial in contributing to the prevention of certain cancers, assist in lowering cholesterol and blood pressure and possibly fighting off the flu.

Bottled vs. Brewed

There are different ways to enjoy green tea; however, some may be better for you than others. Compared to equal servings of bottled tea, freshly brewed tea made from tea bags provides higher levels of antioxidants, helps protect the environment by reducing the number of single-use beverage containers that go into landfills, and costs up to five times less than an equal-size serving of bottled tea.

Better for the Body

According to the U.S. Department of Agriculture, depending on the type of tea and bag weight, freshly brewed tea made with tea bags can contain up to 95 percent higher levels of the antioxidant EGCG compared to bottled teas. Tea's naturally occurring antioxidants are sensitive to heat and oxygen and can be destroyed during the processing, transportation and storage of bottled teas. Also, bottled teas are often loaded with sweeteners and other additives that can eliminate antioxidants and add unwanted calories. Compared to flavored



Ditch your bottled tea for the real thing: Freshly brewed tea may be better for your health, your wealth and the planet.

bottled teas that have more than 100 calories per bottle, freshly brewed tea, including flavored tea such as Salada's Pomegranate Berry Green Tea or Strawberry Green Tea, is typically a zero-calorie, sugar-free beverage.

Better for the Planet

There are nearly 138 billion beverage containers that end up in landfills each year. It has been estimated by the Container Recycling Institute that the average American wastes 425 plastic bottles per year, resulting in increased energy consumption, greenhouse gas emissions and littering.

Better for the Wallet

Bottled teas tend to retail for more than a dollar; freshly brewed iced tea made with tea bags can cost under 50 cents for a 16-ounce serving.

Unbottle Your Tea

You can download recipes for great-tasting iced tea and find suggestions for other ways to "go green" at www.UnbottleYourTea.com.