

Health Minute

Time for tea...

Drinking tea regularly is an important part of a heart healthy diet. All teas come from the *camellia sinensis* plant. What makes green tea different from black tea is the length of time the leaves are left to dry (or ferment). Green tea gets less time to dry so it has higher levels of powerful antioxidants. Don't despair, black tea has a lot of the same beneficial components, but less concentrated. Drinking four to five cups of tea a day will ensure that you reap the benefits of this healthy beverage. Iced tea provides similar benefits when it is freshly brewed.



<u>Heart Healthy Tea</u>	<u>Tea for Total Health</u>
Half the caffeine content of coffee Keeps the lining of arteries healthy Prevents cholesterol build-up Prevents platelet aggregation (formation of platelet clumps that can cause heart attack or stroke)	Keeps gums healthy Aids in weight loss Decreases blood sugar levels Inhibits cataract formation Inhibits replication of flu virus More antioxidant power than broccoli, spinach, or strawberries