Green Tea

Did You Know?

Green teas have been used historically for a variety of things such as increased alertness and thinking, treatment for stomach disorders, and treatment for soothing sunburn.

Green tea is made from the leaves and buds of the Camellia sinensis plant. It is known for its uplifting aroma and numerous health benefits.

Health Benefits
Green tea provides catechins, powerful antioxidants that have been shown to have many disease-fighting properties. Drinking several cups of green tea a day has been associated with:
- A reduced risk for developing some types of cancer
- A reduced risk for developing heart disease
- Has been shown to promote healthy metabolism

Purchasing
Find green tea in your local grocery store in the specialty department or in bulk in many varieties:
- Loose Leaf: generally provides the most nutrients and the strongest taste. Look for brightly colored varieties and store in an air tight container.
- Tea Bags: are prepackaged portions of tea in a bag that can be used conveniently on the go.
- Powdered Tea: leaves are ground into a powder that can be added to hot water for tea or added to beverages and smoothies. Avoid varieties with high amounts of sugar.

Preparation
Get the most nutrition out of your tea by allowing it to steep for three to five minutes for optimal nutrient release.
1. **Heat** water in a kettle on the stove or in a cup in the microwave until boiling.
2. **Prepare** by adding a heaping teaspoon of loose leaf tea to an infuser or strainer, or use a prepackaged tea bag.
3. **Steep** tea by pouring hot water in to a cup and adding the prepared infuser, strainer, or tea bag to the water for 3-5 minutes and then remove.
4. **Enjoy** a hot cup of tea and add teaspoon of raw honey to sweeten if desired. For an iced beverage allow tea to cool and then add ice.

Brighten your day with a cup of green tea!

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