



A weekly insight into Nutrition

INSIDE NUTRITION: STEP UP TO THE TEA

Recently, interest in tea has been rising for those seeking alternatives to other caffeinated beverages as well as those looking for some extra health benefits. According to the American Dietetic Association, all teas—white, green, oolong, pu-erh, and black—are made from leaves of *Camellia sinensis*, and variations are created through the type of leaves used from the plant and different processing methods. There are several types of tea so be sure to read on and find out a little more...

Black tea and green tea (Some Brands: Lipton and Tazo are served here on campus) have been researched and studies suggest they may help prevent heart disease as well as cancer. The key components that aid in prevention of diseases include antioxidants and more specifically, flavonoids.

- *Antioxidants – helps prevent inflammation & damage to the cells of your body to decrease the risk of cancer.*
- *Flavonoids (like the catechins) have been shown to keep the heart and blood vessels healthy and working properly.*

In addition, some research has shown that the combined effects of caffeine and catechins in tea can help your alertness & ability to focus, without affecting the ability to sleep at night.

Other popular forms of tea include:

- Blended teas, such as English breakfast and Earl Grey, are black teas that have been blended with spices and flavorings to enhance flavor and aroma.
- Instant teas have been dehydrated and granulated so they dissolve rapidly in water.
- Herbal teas* are simply tea leaves with added herbs, fruit juice, honey, and other extracts. Some herbal teas do not contain tea leaves at all, but rather are infusions from herbs, flowers and spices. Common blends include chamomile, rose hips and mint.

* To date, not enough research has been done on herbal teas to secure facts on added health benefits.



HEALTHY MONDAY TIP

Take time this week to think about your goals for the coming year. Set a healthy resolution and stick to it by evaluating your progress and setting new goals every Monday. When you refocus your intentions each week, you're much more likely to change for good!
Try it – and have a Healthy Monday!