

Positive Pulse

Your monthly dose of advice on healthy living

January 2020

Tea Time



We're back this month for more tips on healthy living! January is National Hot Tea Month, so we will discuss the health benefits associated with tea.

- There are many different types of tea and each has its own benefits.
- Tea versus coffee is often a hot topic, but there are pros and cons to both drinks.
- Tea can also be prepared with ice in the warmer months for a refreshing effect.

Types of



Tea

Studies have found that some teas may help with [cancer](#), [heart disease](#), and [diabetes](#); encourage [weight loss](#); [lower cholesterol](#); and bring about mental alertness. Tea also appears to have antimicrobial qualities.

Green Tea

- Made with steamed tea leaves, it has a high concentration of EGCG, a helpful plant compound that has been widely studied.
- Green tea's antioxidants may interfere with the growth of many cancers; prevent clogging of the arteries, burn fat, counteract oxidative stress on the brain, reduce risk of neurological disorders like Alzheimer's and Parkinson's diseases, reduce risk of stroke, and improve cholesterol levels.

Black Tea

- Made with fermented tea leaves, black tea has the highest caffeine content and forms the basis for flavored teas like chai, along with some instant teas.
- Studies have shown that black tea may protect lungs from damage caused by exposure to cigarette smoke. It also may reduce the risk of stroke.

White Tea

- It is uncured and unfermented.
- One study showed that white tea has the most potent anticancer properties compared to more processed teas.

Oolong Tea

- In an animal study, those given antioxidants from oolong tea were found to have lower bad cholesterol levels.
- One variety of oolong, Wuyi, is heavily marketed as a weight loss supplement, but science hasn't backed the claims.

Pu-erh tea

- It is made from fermented and aged leaves.
- Considered a black tea, its leaves are pressed into cakes.
- One animal study showed that animals given pu-erh had less weight gain and reduced LDL cholesterol.

SOURCE: <https://www.webmd.com/diet/features/tea-types-and-their-health-benefits#1>



Coffee vs Tea

Coffee or Tea? You don't have to choose one over the other, but there are pros and cons to each that you should know about.

THE HEALTH BENEFITS OF COFFEE VS. TEA

Brought to you
by Policy Expert

Coffee or Tea? There's a growing body of research to suggest that both are good for you in different ways.



White tea has been found to have a higher concentration of antioxidants in it which may actually be more effective preventing some diseases than green tea. **+**

There have been studies that show that properties found in coffee can raise cholesterol. **-**

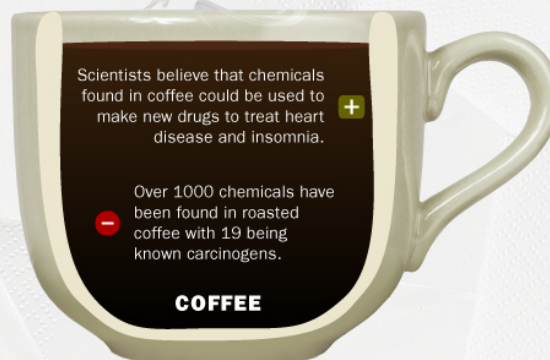
+ White tea may help prevent obesity. White tea was found to inhibit the growth of new fat cells.

+ Green tea has thermogenic properties and promotes fat oxidation beyond that explained by its caffeine content.

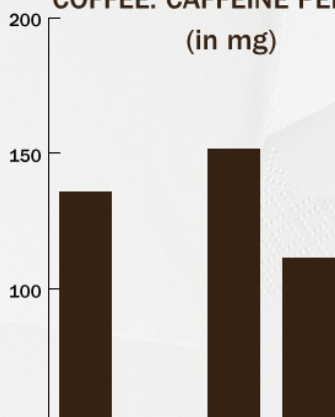
+ People who drink more coffee have been found to be less likely to suffer Alzheimers disease later in life.

+ Studies have shown that Green Tea reduces the risk of esophageal cancer in women by 60%.

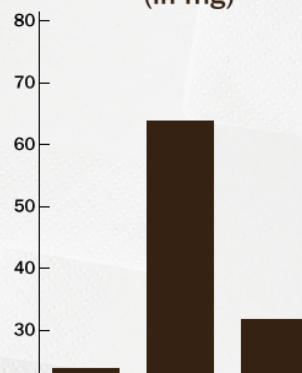
+ Drinking coffee over a long period of time may reduce the risk of dying from heart disease.



COFFEE: CAFFEINE PER CUP
(in mg)



TEA: CAFFEINE PER CUP
(in mg)



MOST CAFFEINATED BEVERAGES





COFFEE TEA

X HEALTH

✓ CAFFEINE

✓ FLAVOUR

✓ HEALTH

X CAFFEINE

✓ FLAVOUR

TEA AND COFFEE FACTS



Tea may help prevent the development of type 1 diabetes and slow the progression once it has developed.



Drinking 3 to 4 cups of tea a day can cut the chance of a heart attack.



Tea contains fluoride which protects teeth.



Studies have shown that coffee helps prevent type 2 diabetes.



Drinking coffee has been shown to decrease the risk of developing Gout in men over 40.



Men who drink more than 10 cups of green tea per day are less likely to develop disorders of the liver.



Tea can protect against heart disease and some cancers



People who drink black tea 4 times a day for 6 weeks were found to have lower levels of the stress hormone cortisol.



Caffeine increases the effectiveness of pain killers and coffee contains caffeine.



Coffee protects the liver, especially against cirrhosis and liver cancer.



Green Tea may offer some protection against lung cancer according to studies.



Tea hydrates rather than the common conception that the caffeine in it dehydrates.



Tea may contain pesticides, even if it's been labelled as organic.



Coffee improves short term recall as well as improved reaction times. The largest improvement was seen in the elderly.



Coffee causes tooth discoloration.



Tea contains a large amount of Tannin. Tannin reduces the absorption of iron in the body which can lead to Anemia.



Tea contains caffeine which has been proven to cause anxiety and rises in blood pressure.



Adding milk may also stop the benefits tea has against cancer.



A study in Denmark showed that drinking 8 or more cups of coffee a day significantly increased the risk of stillbirths.



Research has shown that coffee decreases blood flow to the heart.

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SOURCE: <https://visual.ly/community/infographic/health/health-benefits-coffee-vs-tea>



Iced Tea

Refresh With a Glass of Iced Tea

- Iced tea can be brewed using hundreds of different flavors and multiple methods. Try making [sun tea](#) by steeping the tea mixture in direct sunlight for 8 to 10 hours.
- Alternatively, you can make [cold brew iced tea](#) by placing the tea leaves in a large glass container and steeping it for several hours in the refrigerator.
- Use spring water or fresh water for the best iced tea flavor.
- Since black tea contains naturally occurring caffeine, you can use iced tea as a pick-me-up in the afternoon or as a way to kick start your day.
- You can also choose to brew delicious iced tea blends using herbal teas. Settle in with a magazine by the pool and invigorate your taste buds with strawberry iced tea or mellow out with a simple glass of classic iced tea on the porch. Sip a cold brew and enjoy the fruits of your labor.

Step 1: Prepare Tea

- To make a standard brew of iced tea, start with 3 to 4 black tea bags. You can use any black tea you like.

Step 2: Heat Water

- To prepare iced tea, you brew just as you would a normal pot of hot tea. Add 2 cups of water to a pot or pan on the stovetop. Bring water to a boil, turn off heat and immediately add the black tea bags to the boiling water. Most black teas can be brewed using water temperatures between 200 and 212 F. If you decide to use a more delicate black tea such as Darjeeling tea, heat your water to 180 or 190 F instead.
- For the most accurate results, use a tea kettle with temperature controls or use a thermometer to monitor the temperature of your hot water on the stove. While not as sensitive to temperature as green tea, some black teas can still develop astringent flavors if brewed too hot.

Step 3: Steep

- Allow the tea bags to steep for 3 to 5 minutes at most. If you brew longer than 5 minutes, the tea will develop bitter flavors or become too strong. Steep for 3 minutes and taste every 30 seconds to ensure your desired flavor.

Step 4: Add More Water

- After steeping, pour the tea into a pitcher and allow to cool for 5 to 10 minutes. Once the tea reaches room temperature, add 2 cups of cold water to the pitcher. Stir and refrigerate for 2 hours before serving.

Step 5: Serve and Enjoy!

- Once the tea is cold, fill glasses with ice cubes for serving. If desired, add 1 cup lemon juice to the tea to make it an Arnold Palmer and garnish with lemon slices and mint leaves for a beautiful display.

[Click here for more iced tea recipes and instructions.](#)

SOURCE: <https://www.cupandleaf.com/blog/how-to-make-iced-tea-with-tea-bags>

Let's Stay Healthy and Drink Tea!



Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your
location!



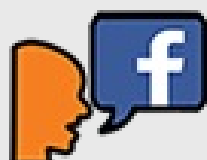
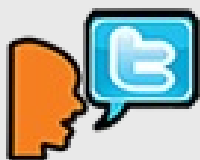
Don't see what you're looking for? We'll make it for you!
E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a
training at your location!



The Horizon Foundation for New Jersey

The [Healthy Lifestyles Project \(HLP\)](#) is a program of The Arc of New Jersey and receives funding through a grant awarded by [The Horizon Foundation for New Jersey](#).

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A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities