

Matcha tea: A HEALTHY TREND?

Matcha tea is the latest healthy drink that's showing up everywhere. But is it really that good for you?

Matcha tea comes from the same plant as other teas - the *Camellia sinensis* plant. But, it's grown and harvested in a different way than other types of tea. Here's what makes it different:

- Growers cover the leaves for several weeks before picking them. This boosts chlorophyll and gives it a deep green color.
- Matcha leaves are then ground into a fine powder. People add the powder directly to drinks. This means they are consuming the whole tea leaf, which includes its nutrients.

Studies show that matcha is high in antioxidants, with research ongoing to show possible health benefits. Try a matcha drink in place of regular tea or coffee. But stay away from matcha drinks or powder that contain lots of added cream or sugar.