

Tea time:

Is tea good for you?

Many people drink tea every day. The most popular teas are black, green and oolong. Matcha tea is also becoming more popular.

Black, green, oolong and matcha teas come from a plant known as *Camellia sinensis*. Each of these teas looks and tastes different because of how they are processed.

CAFFEINE CONTENT

Tea, like coffee, naturally contains caffeine and can be different in each cup. If you steep your tea longer, it will have more caffeine than a quick steep.

Estimates of the caffeine content per 8-ounce cup:

- Coffee: 95 milligrams
- Black tea: 48 milligrams
- Oolong tea: 38 milligrams
- Green tea: 29 milligrams
- Decaffeinated tea: Very small amounts

Some tea packages will tell you how much caffeine it contains. Look for this on the product label.

WATCH YOUR CAFFEINE INTAKE

You can still drink too much caffeine from tea if you're not careful. Too much caffeine can make you feel nervous or shaky. It can also make it hard for you to sleep.

Most healthy adults can tolerate up to 400 milligrams of caffeine each day. People who are more sensitive to caffeine may need to consume much less than this amount.

Decaf teas are a good option if you love tea but want to cut back on caffeine. They still contain only small amounts of caffeine.

ARE HERBAL TEAS REALLY "TEA"?

Herbal teas are not made from the tea plant *Camellia sinensis*. Instead, they are made from the roots, leaves, flowers and other parts of certain plants.

For instance, chamomile tea is made from chamomile flowers. Peppermint and spearmint teas are made from the plant's leaves.

Herbal teas don't contain any caffeine. They are usually safe in regular amounts. But ask a doctor before you consume herbal tea if you are taking medicine or have any health conditions. These teas can interfere with some medications or cause side effects in some people.

