

# Does tea make you healthier?

There are many claims about the health benefits of tea. Here are the facts we know:

- **Tea contains small amounts of minerals.** But it's not enough to meet your needs. Eat a balanced diet with fruits, vegetables, whole grains and lean protein.
- **There is no solid evidence that tea can help with weight loss.** Be wary of "weight loss teas," as some may contain harmful ingredients.
- **Tea contains antioxidants. They may help lower the risk of some health problems.** Green tea and matcha tea may contain more polyphenols than other types of tea. Experts don't know for sure that tea will prevent or cure any diseases, though.
- **Processed teas and tea powders don't contain as many antioxidants as fresh tea.** Use tea leaves and tea bags for the most antioxidants.

Tea can be part of a healthy eating plan. Steep your own tea and skip the added sugar.



Sources: Academy of Nutrition and Dietetics, U.S. Food and Drug Administration