

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