



Weekly tip: eat well - switch to green tea

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Green tea has a wide range of health benefits. It can help to reduce blood pressure and lower cholesterol [1], as well as giving your memory a boost at the same time.

It's also lower in caffeine content than coffee, so can be a good alternative if you're looking to cut down the amount that you drink. It's also low in calories, it's an ideal replacement for sugary drinks.

Time for tea

Next time you're taking a tea break, make it green and enjoy the benefits of this powerful tea leaf.

- **Try loose leaf tea.** Tea enthusiasts say that loose leaf tea leads to a better flavour than bag-brewed tea. Why not experiment and see which you prefer?
- **Make it a ritual.** Get added benefits by making your green tea break into a relaxing ritual. Try making a pot of tea and using a special mug. Relax and stay mindful as you sip your tea.
- **Get an extra boost.** For an added health benefit, try adding some lemon or ginger to your green tea for an extra dose of vitamin C. This also helps to increase the benefits of green tea, by making the antioxidants easier to absorb.[2]

1. [10 Evidence-Based Benefits of Green Tea](#). Healthline, April 6, 2020.

2. [Health Benefits of Green Tea](#). Web MD, September 13, 2013.