

# Why Drink TEA Every Day?

Tea is the most widely consumed beverage in the world next to water

## U.S. TEA CONSUMPTION

**160 million**

Americans are drinking tea on any given day



**85%**

of tea consumed in America is iced

**80%**

of households in the US have tea in their kitchen



Prepared at home, tea costs about three cents per serving

In 2011, Americans consumed over **65 billion** servings of tea



## What are the benefits of drinking all this tea?

Every day, new medical evidence from the international scientific community lends credibility to tea's healthy properties. Not only does tea taste delicious and is easy to make, it's also good for smaller waistlines, sharper minds, stronger bones & healthier hearts

*Here is some of the latest scientific research that supports the role of tea in improving health:*

Only **1 cup of black tea per day** may improve blood vessel function, lower blood pressure and reduce the incidence of stroke, heart attack and other cardiovascular diseases **by 10%**

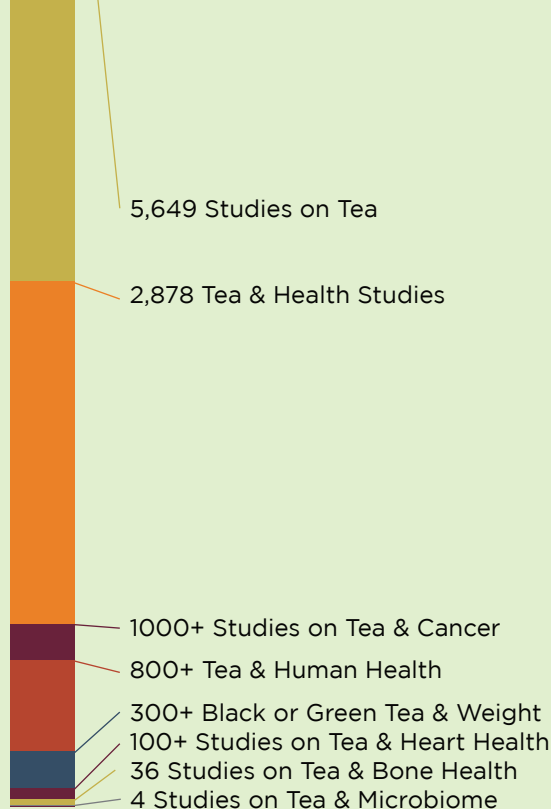
Drinking tea may help **mitigate the negative effects of high-fat meals** on blood vessel function

Drinking several cups of green tea daily may help **burn 100 calories** a day

Drinking green tea along with a weight bearing exercise like Tai Chi are an effective way to improve muscle strength, reduce inflammation and improve low bone mass, which may help to **reduce the risk for osteoporosis and fractures**, especially among older Americans

## Tea Research by Numbers:

Results of PubMed Online Research Published within Past Five Years



Tea has anti-cancer properties: Men who drank more than 1.5 cups of green tea per day had a **70% lower colon cancer risk**

Just one cup of tea may **boost one's ability** to solve difficult language/mathematical problems

Drinking two cups of black tea may help **raise one's alertness and attention span**

Two cups of black tea per day have been shown to **enhance work performance**, reduce tiredness and improve clarity and energy

Black tea may also help to **improve cognitive functioning** in particular, attention

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