



EATING 101

RU DINING HEALTHY?

A Weekly Newsletter Brought to You by the RU Healthy Dining Team-
A Joint Project Between RU Dining Services and The Department of Nutritional Sciences

The Greatness of Green Tea

Have you tried Green Tea? The odds are that you have. Whether it's because of the taste or the claimed health benefits, people today are drinking green tea in greater quantities than ever before. In fact, tea in general comes in second after water as the most commonly consumed beverage in the world.

What are some of the most significant health benefits of green tea?

- Green tea may reduce cholesterol levels, helping prevent atherosclerosis (hardening of the arteries) and coronary heart disease.
- Green tea contains powerful antioxidants, including catechins such as EGCG, which may reduce the risk of certain types of cancer and may improve insulin sensitivity and slow the development of diabetes.
- Green tea has been suggested to promote digestive health and lower blood pressure levels.

Why should you pick green tea over your other caffeinated beverage of choice?

- Green tea has a naturally pleasant taste, so you won't have to add as much cream and sugar to flavor (read: less calories involved).
- Green tea contains about a third of the amount of caffeine in coffee, which means you can more easily achieve your energy fix without exceeding your limits and becoming a jittery mess.
- The lower levels of caffeine and no added sweetener prevent the energy rush and subsequent crash of more potent caffeinated beverages.

Never tried green tea? Experiment with some of these suggestions:

- In the mood for some wiggly, jiggly Jell-O? Add a twist to the same old gelatin recipe and use green tea in place of water.
- Make your own iced green tea! Brew some green tea, add honey or another form of sweetener (if desired) and pour it over ice.
- You can use green tea in place of water when cooking a pot of rice. This will add a whole new dimension of flavor and fragrance to your dish
- Need some chocolaty goodness? Melt dark chocolate with strongly brewed green tea and reap both the taste and antioxidant goodness. Drizzle it over fresh fruit for a luxurious and healthy dessert!



Liven up your mind and body with Green Tea!



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References:

http://www.cancer.org/docroot/ETO/content/ETO_5_3X_Green_Tea.asp?sitearea=ETO,

<http://www.herbalgram.org/herbclip/review.asp?i=44929>

<http://www.umm.edu/altmed/ConsHerbs/GreenTeach.html>

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