

Did You KNOW



- Approximately 40% of the nation's fluid intake today will be tea
- Tea without milk has no calories. Using semi-skimmed milk adds around 13 calories per cup, but you also benefit from valuable minerals and calcium.
- Four cups of tea with milk provides 21% of daily calcium requirement.
- Tea is a source of the minerals manganese, essential for bone growth and body development, and potassium, vital for maintaining body fluid levels.
- The average cup of tea contains less than half the level of caffeine than coffee. One cup contains only 50mg per 190ml cup.
- Tea is a natural source of fluoride and drinking four cups makes a significant contribution to your daily intake.
- Green and black teas are from the same plant, *Camelia sinensis*, and contain similar amounts of antioxidants and caffeine.

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"New research suggests that five cups of tea a day could help prevent the development of certain forms of brain cancer. It's not clear how this protection is achieved but the researchers behind this new data believe caffeine, found in tea, may help reduce blood flow to the brain and so prevent potential cancer from growing. More research is needed. Another great example of the many health benefits in a cup of tea." Dr. Catherine Hood