

The Lipton logo is a red banner with the word "Lipton" in white, set within a circular frame that has a glowing effect. It is positioned at the top left of the image, above a yellow rectangular text box.

Lipton

A Good Reason to Sip:

The Health Benefits of Green Tea & Flavonoids



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Learn why green tea is recommended as a daily beverage worldwide, how to brew a cup and tips for including green tea in your daily routine.

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What are **FLAVONOIDS?**



Green tea contains flavonoids, which are naturally occurring bioactives (plant compounds) found in tea, vegetables and fruit. Health experts recommend consuming 400 to 600 mg of flavonoids (flavan-3-ols, a subgroup of flavonoids) every day as the science indicates daily consumption of flavonoids can help support health.¹

Green tea is one of the top sources of flavonoids in the diet, and it can also be found in a variety of fruits and vegetables.

Flavonoid Content of Selected Foods

	AMOUNT	FLAVONOID CONTENT (mg) [†]	
	Lipton Green Tea	1 cup	100 mg [†]
	Raspberries	1 cup	83 mg
	Strawberries	1 cup	50 mg
	Apple	1 medium	49 mg
	Orange Juice	1 cup	36 mg
	Kale, raw	1 cup	23 mg
	Green Pepper, raw	1 cup	10 mg
	Pomegranate Juice, bottled	1 cup	10 mg
	Onion, red, raw	1 slice	8 mg
	Broccoli, cooked	1 cup	3 mg

[†] USDA Database for the Flavonoid Content of Selected Foods Release 3.3. <https://www.ars.usda.gov/ARSUserFiles/80400535/Data/Flav/Flav3.3.pdf>
[‡] Per Laboratory Analysis

1. Crowe-White KM, Evans LW, Kuhnle GGC, Milenkovic D, Stote K, Wallace T, Handu D, Senkus KE. Flavan-3-ols and Cardiometabolic Health: First Ever Dietary Bioactive Guideline. *Adv Nutr.* 2022 Dec 22;13(6):2070-2083.

Sample Menu

How can you achieve the recommended 400 to 600 mg of flavonoids daily? We've got you covered with this sample menu. Aim to drink two cups of Lipton® Green Tea every day, which provides 200 mg of flavonoids (100 mg in each serving) as part of a balanced diet to ensure you are getting your daily flavonoids!

Sample menu is based on a 2,000 calorie diet consisting of recommended servings of food groups per government recognized dietary guidelines. Individual dietary needs may vary. Flavonoids levels are based on the United States Department of Agriculture Flavonoid Database or per laboratory analysis.+*

TOTAL FLAVONOID LEVELS PER MEAL ARE LISTED IN MILLIGRAMS (mg)



BREAKFAST (165 mg)

- 1 hard-boiled egg
- 1/2 cup oatmeal with cinnamon
- 1 cup fat free milk
- 1 orange**
- 1 cup of hot green tea**



SNACK

- 1 cup low-fat vanilla yogurt
- 1 cup water

*USDA Database for the Flavonoid Content of Selected Foods Release 3.3

+ Flavonoid levels of green tea per laboratory analysis

** Indicates foods that contribute to the total flavonoids for each meal



LUNCH (120 mg)

- Grilled Chicken Mixed Salad
 - 2 cups spinach**
 - 1 plum tomato**, chopped
 - 1/4 cup cucumber**
 - 1/2 carrot**, chopped
 - 1/4 red onion**, chopped
 - 2 oz grilled rosemary chicken
 - 2 Tbsp croutons
 - 2 Tbsp vinaigrette
- 1 whole wheat roll with 1 tsp butter
- 1/2 cup blueberries**
- 1 cup water



SNACK (50 mg)

- 1.5 oz cheese
- 5 whole wheat crackers
- 1 cup strawberries**
- 1 cup of water or seltzer



DINNER (135 mg)

- 3 oz baked mustard-glazed salmon
- 1 cup quinoa
- 1 cup broccoli** sauteed with garlic & olive oil
- 1 cup of Green Tea Fruit Refresher** (see recipe on reverse side)



Make sure to consume the fruit to get the full level of flavonoids in this recipe!

TOTAL FLAVONOIDS FOR THE DAY: APPROXIMATELY 500 mg



Sip the Benefits of **GREEN TEA**

There are several reasons why unsweetened green tea is recommended as a daily beverage worldwide.

Per serving, Unsweetened Brewed Lipton® Green Tea contains:



0 g added sugars



Flavonoids



0 calories



99.5% water

**Plus, green tea is one of the
lowest caffeinated beverages**



**8 fl oz
Green
Tea**



**8 fl oz
Black
Tea**



**8 fl oz
Brewed
Coffee**



**16 fl oz
Energy
Drink**



Switch Up Your Tea Routine

Try this Green Tea and Fruit Refresher

Reap the benefits of tea with this fruity tea refresher, a fun and delicious way to enjoy green tea.

Green Tea and Fruit Refresher

Prep Time: 10 minutes

Brew Time: 4 minutes

Serves 4

Ingredients

- 1 cup (240 mL) boiling water
- 4 Lipton® Green Tea bags
- 1 cup (240 mL) cold water
- 1 cup ice
- 1 cup (240 mL) chilled 100% pomegranate or cranberry juice*
- 1 medium apple, cored, sliced**
- 1 medium orange, cut into wedges**

Directions

1. Pour 1 cup (240 mL) of boiling water over Lipton® Green Tea bags in a 2 quart/liter heat-proof container and brew 4 minutes. Remove tea bags.
2. Combine tea, 1 cup of ice and 1 cup (240 mL) of cold water to quickly chill and add desired cuts of fruit.
3. Pour into 4 cups and enjoy!

* To switch it up, trying using a blend such as 100% cranberry pomegranate juice

** Can substitute or add your favorite fruit slices (i.e. lemon, lime, etc)

Nutritional Information per serving (including fruit slices): Calories 80, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0g, Sodium 10mg, Total Carbs 20g, Dietary Fiber 2g, Total Sugars 17g, Added Sugars 0g, Protein 0g