





# The Benefits to Two Cups a Day

Tea is the second most consumed beverage in the world after water and is a smart choice as unsweetened tea provides zero calories per serving.



Lipton Green Tea is also one of the lowest caffeinated beverages on the market, with only about 28 mg of caffeine per serving (compared to about 95 mg of caffeine per serving of coffee).<sup>1</sup> While caffeine can have a slight diuretic effect, the relatively low levels of caffeine in tea have little to no impact on hydration levels, especially because it is 99.5% water.<sup>2</sup>

## Flavonoid Content of Selected Foods

Food	Amount	Flavonoid Content (mg) <sup>†</sup>
 Lipton Green Tea	1 cup	100mg ‡
 Raspberries	1 cup	83mg
 Strawberries	1 cup	50mg
 Apple	1 medium	49mg
 Orange Juice	1 cup	36mg
 Kale, raw	1 cup	23mg
 Green Pepper, raw	1 cup	10mg
 Pomegranate Juice, bottled	1 cup	10 mg
 Onion, red, raw	1 slice	8mg
 Broccoli, cooked	1 cup	3mg

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

## Why are “Flavonoids” good?

Green tea contains Flavonoids (also known as bioactives) that can provide unique benefits. The flavonoids found in green tea (Flavan-3-ols) can help support healthy blood flow, which is essential for heart health.<sup>3</sup> Scientific Experts recommend consuming 400-600 mg of flavan-3-ols daily.<sup>4</sup>

Daily consumption of two servings\* of unsweetened brewed green tea provides naturally occurring flavonoids that promote heart health. Tea is a delicious and affordable way to add flavonoids into your diet.

\*Depending on the variety of green tea, each serving provides 75-100mg of flavonoids.

## Did You Know?

Proper hydration is important, especially when it comes to our bodies working at their best. The National Academies of Sciences, Engineering and Medicine recommends that most adults consume about 9 to 13 cups (approximately 2.2-3 liters) of fluids per day.<sup>5</sup>



Brewed unsweetened green tea is 99.5% water, so drinking two cups of green tea daily can help contribute to total hydration needs.

Government authorities, including the World Health Organization recommend reducing the intake of added sugars to less than 10% of total energy intake.<sup>6</sup> Unsweetened tea provides zero grams of added sugars per serving.

**Two Cups a Day Promotes Heart Health and is a Great Source of Hydration**

## References

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