



Britons have been drinking tea for nearly 400 years<sup>1</sup>

Globally, tea is the most widely consumed beverage after water<sup>2</sup>

There are around 1,500 varieties of tea, but they all come from one species of plant, *Camellia sinensis*

165 million cups are drunk in the UK EVERY DAY<sup>3</sup>

## 5 main types of tea

What makes each type different is the degree the leaves are allowed to turn from green to brown-black, a process called oxidation.

<h3>White</h3> <p>The least processed, and rarest tea. New bud buds are picked while still unopened.</p> <p>Taste:  Soft, subtle, sweet</p> <p>Water:  65 to 70°C</p> <p>Brew time:  1-2 mins</p>	<h3>Green</h3> <p>New leaves are heated immediately after picking, this stops them oxidising or going black. Can be scented.</p> <p>Taste:  Sweet, fragrant</p> <p>Water:  75 to 80°C</p> <p>Brew time:  1-2 mins</p>
<h3>Oolong</h3> <p>Mid-way between green and black tea. Leaves are partially oxidised.</p> <p>Taste:  Floral, fragrant, rich</p> <p>Water:  80 to 85°C</p> <p>Brew time:  2-3 mins</p>	<h3>Black</h3> <p>Leaves are rolled and crushed, and left to turn black. The most popular tea in the western world.</p> <p>Taste:  Strong, bold</p> <p>Water:  90°C</p> <p>Brew time:  2-3 mins</p>
<h3>Pu-erh</h3> <p>Dark tea, aged and fermented in a process that can take up to a year.</p> <p>Taste:  Strong, sweet</p> <p>Water:  95 to 100°C</p> <p>Brew time:  No limit</p>	<h3>Earl Grey</h3> <p>is a popular scented black tea, flavoured with bergamot orange peel.</p>

## Seasons for teas

Some of us drink different types of tea throughout the day. In China different teas are associated with the seasons<sup>4</sup>

<p><b>Spring</b> Scented tea</p>	<p><b>Summer</b> Green tea</p>	<p><b>Autumn</b> Oolong and white tea</p>	<p><b>Winter</b> Black and pu-erh tea</p>
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## Health benefits of tea



A cup of tea contains 50% less caffeine than coffee – but enough still to act as a pick-me-up. Tea also contains a stimulant known as theophylline which can increase the heart rate.

Tea plays an important role in the daily diet of the nation<sup>5</sup>

<p><b>40%</b> of people's average daily fluid intake is tea</p>	<p><b>98%</b> of Britons take milk with tea. Tea with milk provides 16% of daily calcium requirement in 4 cups</p>
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### Tea is a source of vitamins:

- Vitamins B1, B6, B9
- Vitamin C – particularly green, oolong and black tea

### And minerals

- Manganese, essential for the growth of bone
- Potassium, maintains healthy heart and body fluid levels
- Fluoride, prevents tooth decay and gum disease

### Black tea

is a rich source of antioxidants that some scientists believe may help prevent types of cancer, as well as reduce cholesterol, stroke and lower risk of heart attack and strokes.

### Green tea

Has long been used in China as a remedy for depression and headaches.

### Oolong tea

Helps reduce blood sugar in diabetics, according to some scientific studies.

## What kind of tea drinker are you?

According to one expert<sup>7</sup>, tea drinkers fall into four groups:



**The Escapist**  
A cup of tea is a chance to take a break, to escape from the hubbub of a busy day



**The 'I Need A Caffeine Fix'**  
Caffeine gives us that feeling of alertness and vitality, and is highly addictive



**The Health Conscious**  
The health benefits from drinking tea are clear and long-established



**The Habit Drinker**  
Some people drink tea simply because that's how they were raised; it's a tradition