

## How to Make the Perfect Cup

### Brewing Instructions

Use one teaspoon of loose tea or one teabag per cup (five to eight ounces).

1. Begin by bringing fresh drawn cold water to a **rolling boil**. Avoid using previously heated water as this will give a flat taste when boiled again.
2. Keep the teapot warm. This allows the tea to remain hot for longer.
3. Pour the boiling water **over the tea leaves or teabags** to release the best flavour. Never add tea leaves or teabags to the water.
4. Cover and let the tea **steep for three to five minutes** then remove tea leaves or bag.

### Freshly Brewed Ice Tea

1. Place six tea bags in a one litre pitcher.
2. Pour 1 ¼ cups (300 mL) of freshly boiled water over the tea bags and steep for five minutes.
3. Remove the tea bags.
4. Fill the remainder of the pitcher with fresh cold water.
5. Pour tea over ice. Garnish and sweeten to taste.

*Rule of Thumb:* Double the strength of the hot tea since it will be poured over ice.

## Tea Association of Canada

The **Tea Association of Canada** is a non-profit association of leading companies and tea producing countries including Sri Lanka, Kenya, and India. We act as an impartial source of information for general tea knowledge, industry regulations and Canadian tea statistics, as well as promoting awareness of tea and its health benefits.

**Our Mission:** To provide proactive leadership on behalf of all our members in the areas of advocacy, generic promotion and education.

For more information on tea & health or recipe ideas, please visit:

[www.tea.ca](http://www.tea.ca)



**TEA ASSOCIATION  
OF CANADA**

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# Tea

More than a refreshing , relaxing drink



# Tea - A Healthy Beverage Choice

Did you know . . .

Tea is the 2nd most popular beverage in the world next to water.

## Tea From Around the World

Tea originates from the *Camellia sinensis* plant. Its first two leaves and bud are plucked, dried, blended and traded worldwide. In Canada, our quality blends often contain tea leaves from Kenya, Sri Lanka, and India, with black tea being most favoured by Canadians.

## Types of Tea

There are four basic types of tea:

**Black Tea** - Most commonly used in North America, black tea is made from fully oxidized leaves. It produces a deep, rich flavour in an amber-coloured brew.

**Green Tea** - Most popular in Asia, green tea is not oxidized. It is characterized by its delicate taste and light green colour.

**Oolong Tea** - Popular in China, oolong tea is partly oxidized, combining the taste and colour of black and green tea.

**Herbal/Tisanes** - Herbal teas or tisanes such as chamomile or peppermint, do not contain actually contain any *Camellia Sinensis* leaves. These teas are made from fruits, berries and parts of other plants. Although herbal blends can have similar relaxing qualities with possible other health benefits, there is no supporting research that the health benefits associated with the *Camellia Sinensis* apply to herbal infusions.

## Tea & Your Health

### Antioxidants

Fresh-brewed tea is a natural source of antioxidants. Antioxidants are compounds that neutralize cell-damaging free radicals which may lead to disease. Research suggests that flavonoids in tea act as potent antioxidants.

They are released when tea leaves come into contact with boiling water, thereby potentially protecting the drinker from disease. Scientists have reported that drinking tea may reduce the risk of heart disease and stroke, while diminishing the chance of some cancers, including stomach, lung, colon, skin, and oral cancers.

Though tea cannot replace fruits and vegetables, it has been shown that tea leaves contain more of the compound than most antioxidant-rich produce. Antioxidant activity in two cups of black or green tea equals to: seven glasses of orange juice, five medium onions, four medium apples or a glass of red wine.



### Tea—More than just a refreshing and relaxing drink

- Calorie-free
- Free of additives and preservatives
- Low in caffeine
- Naturally rich in antioxidants

### Tea & Caffeine—Dispelling the Myth

Tea contains  $\frac{1}{3}$  to  $\frac{1}{2}$  the amount of caffeine found in an equivalent serving of coffee. According to Health Canada, a balanced diet should include a moderate intake of caffeine, with daily recommended consumption limits set between 400 to 450 mg. This equates to 10 to 12 cups of tea.

### Tea—Part of a Healthy Diet

Tea contributes to a healthy diet as a source of daily fluid requirements. The water in tea provides hydration for the body and drinking normal strength tea poses no diuretic effect when consumed in moderation at one sitting.

Every cup of tea provides the body with natural compounds that have disease-fighting potential.

