



EATING 101 RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and the Institute for Food, Nutrition, and Health



What's the Tea?

Steep on this: Tea originated in China over 5000 years ago and is the second most popular beverage worldwide, right after water. Beyond its global appeal, tea is rich in antioxidants that may boost immunity and reduce inflammation. To get the most benefits, let your tea brew for three to five minutes to fully release its natural compounds. From green to black, white to herbal, each type offers unique flavors and health perks. Adding tea to your daily routine can be a simple, delicious way to enhance your well-being. Read on to discover the tea-riffic varieties.

Caffeinated Teas

White Tea:

The chilliest of the bunch all while being the least processed. White tea has the strongest antioxidant power and is known for its subtle floral flavor.

Green Tea:

Originating from China and Japan, it is celebrated for its high flavonoid content and faint grassy flavor.

Black Tea: Offers a robust flavor and higher caffeine content than other teas, making it a popular choice for those early 8 am classes.

Tea-tastic Fact

Did you know that an 8-oz cup of tea usually has less than half the caffeine of an 8-oz cup of coffee? If you are looking to enjoy tea without the caffeine buzz, most caffeinated teas have decaf versions, too.



Non-Caffeinated Teas

Chamomile Tea:

This delightful herbal tea is brewed from the flowering tops of the chamomile plant. A perfect choice for a relaxing nighttime sip.

Hibiscus Tea:

This vibrant tea has a tart flavor that is both refreshing and slightly tangy. Plus, it is packed with antioxidants.

Ginger Tea: This zesty brew might just be your go-to remedy as it can ease certain types of nausea.

What's the Tea in the Dining Hall?

In the dining hall, students can enjoy classic black and green tea. But do not *kettle* for less; various retail locations across campus provide an assortment of teas.

To enhance your tea experience, consider adding:

- Milk or a milk alternative for a creamy texture
- Honey for a touch of sweetness
- Lemon for a citrus twist

That's the Tea, Sis.

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References: *The Health Benefits of Tea* Available at: <https://www.eatright.org/health/wellness/preventing-illness/the-health-benefits-of-tea> Accessed on: April 25, 2025. *Ginger*. Available at: <https://nccih.nih.gov/health/ginger/hed2> Accessed on: April 25th. *Tea and Health*. Available at: <https://www.teausa.org> Accessed on: April 25, 2025. *Tea*. Available at: <https://nutritionsource.hsph.harvard.edu/food-features/tea/> Accessed on: April 25, 2025. *Antioxidants: Immunity and Host Defense*. Available at: Puertollano, M. A., Puertollano, E., de Cienfuegos, G. Á., & de Pablo, M. A. (2011). Dietary antioxidants: immunity and host defense. *Current topics in medicinal chemistry*, 11(14), 1752–1766. . Accessed on: April 25, 2025



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