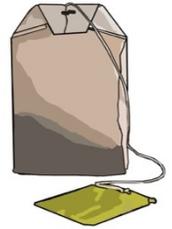




EATING 101 RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health



What's the Tea?

Steep on this: Tea originated in China over 5000 years ago and has been associated with health claims such as reduced risk of heart disease, digestive support, and stress relief. The dining halls carry a range of tea varieties to choose from such as herbal, black, and green, all of which have unique properties. Keep reading to learn about the differences between each type of tea.

Caffeinated Teas

Non-Caffeinated Teas

White Tea:

Is a variety of green tea, known for its smooth floral taste and low level of bitterness or astringency.

Green Tea: Tea for teeth? One study found that drinking a cup of unsweetened green tea per day was associated with tooth health.

Black Tea: Research suggests the antioxidant effects of black tea may help aid in heart health.

Chamomile Tea: The flowering tops of the chamomile plant are used to make this naturally caffeine free, herbal tea.

Ginger Tea: The zesty herb ginger may help to relieve certain types of nausea.

Peppermint Tea: Popularly used as a digestion remedy; however, research does not yet support these claims. Mint teas have a cool, refreshing flavor and can help keep you hydrated.

Did you know?

Typically, one 8 oz cup of tea contains less than half the amount of caffeine as an 8 oz cup of coffee. Most tea types that are caffeinated can also be found decaffeinated.



That's the Tea, Sis

Drop It Like It's Hot

Simply place a tea bag, which can be found in the dining halls, in a mug of hot water and allow it to "steep" or sit anywhere from 2-5 minutes. The longer tea steeps, the stronger the flavor.

Authored By: Jessica Van Wie

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Reviewed By: Marina Vineis, RYT, RDN- Dining Services

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