



Media information
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Drink to your health with Tetley

Tetley tea is Britain's favourite brew, yet few people know that with every cuppa they consume, they are also reaping the health benefits. Below are some of the reasons why Tetley tea should be included as part of a healthy diet.

1. Tetley tea, like water is hydrating

If you struggle to drink 8 glasses of water to stay hydrated, then don't despair as tea can count towards your daily fluid intake. The amount of caffeine in tea is so low you can easily drink up to six cups per day without any of the harmful effects that other caffeinated drinks can have. In fact, the British Dietetic Association confirm that drinking tea counts towards your daily fluid intake. Tea, after all, is 99.5 % water. Tetley – the tasty way to help you stay hydrated.

2. Tetley tea is rich in antioxidants

Tetley tea, just like fruit and vegetables, is naturally rich in antioxidants. Early research suggests that antioxidants may help to maintain the body's defense system. Because we Britons drink so much tea, it is the biggest source of antioxidants in the UK diet.

3. Tetley tea is a natural source of theanine

Tea is a natural source of theanine. Initial results from recent studies support the belief that tea has the power to stimulate and relax at the same time. Whether you need to wake up in the morning or relax after a hard day on your feet, a cup of Tetley tea will be sure to provide the cure.

4. Tetley tea is lower in caffeine

A cup of Tetley tea contains only half the amount of caffeine than an average brewed cup of coffee. One cup of tea contains only 50mg per 190ml cup compared to around 100mg for a cup of brewed coffee. Recent findings suggest that a moderate intake of caffeine provided by up to 6 cups of tea a day may actually be beneficial to mental and physical alertness. Enjoy a cup of Tetley tea instead of a highly caffeinated alternative.

5. Tetley tea makes for a low calorie treat

A cup of Tetley tea without milk and sugar has no fat or calories and using semi skimmed milk only adds around 13 calories per cup and 0.5 mg of fat. Who says there is no pleasure without any guilt? Compare a cup of Tetley tea with semi skimmed milk at 13 calories to a skinny latte at 160 calories and a low fat mocha at 330 calories. A cup of tea is tastier and won't go straight to your hips!

www.tetley.co.uk

www.tetley.com

www.teaexperts.co.uk

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For further information, samples and high resolution photos please contact Amanda Parkinson on 020 7569 3043 (amanda@yesconsultancy.com) or Ginni Ryan on 020 7569 3046 (ginni@yesconsultancy.com) or Tina Fotherby 020 7569 3042 (tina@yesconsultancy.com)