

Criteria of Credible Sources: Green Tea



History of green Tea

- No Exact Date
- Originated in China
- China – to Promote Good Health



Objectives



- Students should be able to identify some of the health benefits of drinking green tea

Production of Green Tea

- Produced from *Camellia sinensis* (tea plant)
- Tea Plant: glossy green leaves and small white to pink flowers
- Grows 30 to 40 feet
- Takes 3 to 4 years to mature and ready for harvesting
- Harvest parts are steamed or roasted, then rolled and dried to remove moisture

<http://www.londonancestor.com/green-teas/tea-diet.htm>

- “May” stave off Alzheimer’s
- According to a British study.
- No References
- Other things mentioned “According to recent studies”
 - Fighting Flu
 - Battling the Bulge



<http://www.wulongforlife.com>

- Losing weight quickly without exercise.
- These statements have not been evaluated by the FDA.
- 37 scientific studies:
 - Burning Calories
 - The effects on Carbs
 - Reversing signs of ageing

<http://www.green-tea-benefit.com>

- Sells different types of tea.
- No Resources
- Describes the health benefits by listing the components:
 - Polyphenols, Flavonols, Theaflavis, Thearubigens, and Theanine.
 - Translation: Taste, color, and effects on anti-stress.

www.fda.gov

- U.S. Food and Drug Administration
- June 30, 2005 article “FDA Issues Information for Consumers about Claims for Green Tea and Certain Cancers”
- Conclusion: it is highly unlikely that green tea reduces cancer



www.cancer.gov

- National Cancer Institute – U.S. National Institute of Health
- Contains antioxidants – called catechins
- Shown to inhibit cancer growth – in laboratory mice
- Human studies – 70% experienced nausea and diarrhea

www.4women.gov

- U.S. Department of Health and Human Services
- “Green Tea Doesn’t Reduce Heart Disease Risk”
- Green Tea company tried to add to their label this claim of reducing heart disease
- Denied after investigation

Review



- Green tea can prevent heart disease T F
- Green tea was invented in China T F
- Green tea is shown to inhibit cancer growth in laboratory mice T F
- The green tea plant takes 20 years to mature and to harvest its leaves
- Green tea may stave off Alzheimer's