**WHITE TEA COULD HELP PREVENT DIABETES RELATED EFFECTS IN THE BRAIN**

Daily consumption of white tea could prevent diabetes related effects in the brain according to a new study just out in the British Journal of Nutrition.[[1]](#footnote-1)

Commenting on the new research, Dr Tim Bond from the Tea Advisory Panel notes: “Tea consumption is associated with a number of health benefits of potential importance in diabetes particularly improving insulin sensitivity and also reducing the risk of cardiovascular disease.

“A Dutch study found that drinking at least three cups of tea each day reduced the risk of developing type 2 diabetes by an impressive 42 per cent.[[2]](#footnote-2) Teas contain polyphenols, which are thought to be the ingredients responsible for improving insulin sensitivity. Much of this research has focused on black tea and green tea; however, the anti-diabetic properties of white tea remain largely unexplored.

“In this latest study, the effect of white tea on the cerebral cortex (a part of the brain) was investigated. The brain, particularly the cerebral cortex, is very susceptible to glucose fluctuations and potential oxidative stress due to hyperglycaemia (high blood glucose levels).

“The study results revealed that the daily consumption of white tea improved glucose tolerance and insulin sensitivity. Moreover, white tea also significantly restored oxidation levels and improved antioxidant capacity. In addition, the daily consumption of white tea improved the metabolic and oxidative profile of the cerebral cortex (part of the brain) in pre-diabetics, suggesting it as a good, safe and inexpensive approach to prevent diabetes-related effects in the cerebral cortex.”

In summary, Dr Bond adds: “This study adds more evidence to the findings that tea, and in this case, specifically white tea, could contribute to the prevention of type 2 diabetes which is one the world’s biggest public health problems.”

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**The Tea Advisory Panel:** The Tea Advisory Panel is supported by an unrestricted educational grant from the **UK TEA COUNCIL**, the trade association for the UK tea industry. The Panel has been created to provide media with impartial information regarding the health benefits of tea. Panel members include nutritionists; dieticians and doctors. For further information please call **0207 7052 8989.**

1. # Nunes A, Alves M, Tomas G et al. Daily consumption of white tea (Camellia sinensis (L.)) improves the cerebral cortex metabolic and oxidative profile in prediabetic Wistar rats. British Journal of Nutrition 2015. doi:10.1017/S0007114514004395.

   [↑](#footnote-ref-1)
2. [van Dieren S](http://www.ncbi.nlm.nih.gov/pubmed/?term=van%20Dieren%20S%5BAuthor%5D&cauthor=true&cauthor_uid=19727658), [Uiterwaal CS](http://www.ncbi.nlm.nih.gov/pubmed/?term=Uiterwaal%20CS%5BAuthor%5D&cauthor=true&cauthor_uid=19727658), [van der Schouw YT](http://www.ncbi.nlm.nih.gov/pubmed/?term=van%20der%20Schouw%20YT%5BAuthor%5D&cauthor=true&cauthor_uid=19727658) et al. Coffee and tea consumption and risk of type 2 diabetes. [Diabetologia.](http://www.ncbi.nlm.nih.gov/pubmed/19727658) 2009 Dec;52(12):2561-9 [↑](#footnote-ref-2)