**TEA UP FOR GOOD HEALTH**

Drinking tea is associated with reduced risk of mortality, cardiovascular disease (CVD) and cancer according to a new meta-analysis published in the British Journal of Nutrition.[[1]](#footnote-1)

Commenting on this new research, dietitian Dr Carrie Ruxton from the Tea Advisory Panel notes: “This was a meta-analysis of 18 prospective studies which evaluated the influence of black and green tea consumption on all causes of death, cardio vascular disease and cancer.[[2]](#footnote-2)

“With regards to cardio vascular disease (CVD) mortality, overall risk was reduced by 12% for those black tea drinkers recognised as the largest consuming group of the infusion. The highest green tea consumers had a significant 33% reduction in CVD mortality compared with consumers with the lowest tea consumption habits. For cancer deaths, the overall risk was reduced by 21% in the highest tea consuming group compared with the lowest (black tea).

“Both black and green tea reduced *all-cause* mortality. High black tea consumption drinkers compared with low consumption tea drinkers reduced the risk of death by 10% for those consuming black tea and 20% among those consuming green tea.

“One extra cup per day of green tea was associated with a 5 % lower risk of CVD mortality, while one extra cup of black tea was associated with an 8% lower risk of CVD mortality.

“In summary, green tea consumption was significantly associated with reduced CVD deaths and all-cause mortality, whereas black tea consumption was significantly inversely associated with death from cancer and all-cause mortality.

“Evidence is growing that tea, both black and green, is a healthy drink associated with reduced risk of disease. Black tea is a traditional drink in the UK and together with green tea can be consumed for overall well-being. So tea up for good health.”

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**The Tea Advisory Panel:** The Tea Advisory Panel is supported by an unrestricted educational grant from the **UK TEA & INFUSIONS ASSOCIATION**, 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.

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1. [Tang J](http://www.ncbi.nlm.nih.gov/pubmed/?term=Tang%20J%5BAuthor%5D&cauthor=true&cauthor_uid=26202661), [Zheng JS](http://www.ncbi.nlm.nih.gov/pubmed/?term=Zheng%20JS%5BAuthor%5D&cauthor=true&cauthor_uid=26202661), [Fang L](http://www.ncbi.nlm.nih.gov/pubmed/?term=Fang%20L%5BAuthor%5D&cauthor=true&cauthor_uid=26202661), [Jin Y](http://www.ncbi.nlm.nih.gov/pubmed/?term=Jin%20Y%5BAuthor%5D&cauthor=true&cauthor_uid=26202661), [Cai W](http://www.ncbi.nlm.nih.gov/pubmed/?term=Cai%20W%5BAuthor%5D&cauthor=true&cauthor_uid=26202661), [Li D](http://www.ncbi.nlm.nih.gov/pubmed/?term=Li%20D%5BAuthor%5D&cauthor=true&cauthor_uid=26202661). Tea consumption and mortality of all cancers, CVD and all causes: a meta-analysis of eighteen prospective cohort studies. [Br J Nutr.](http://www.ncbi.nlm.nih.gov/pubmed/26202661) 2015 Jul 23:1-11. [Epub ahead of print] [↑](#footnote-ref-1)
2. Overall, there were 12,221 deaths from cancer, 11,306 from CVD and 55,528 deaths from all causes, respectively. [↑](#footnote-ref-2)