

**REACH FOR A CUPPA TO KEEP**

**WEIGHT GAIN AT BAY**

Studies say that most of us will gain at least 1lb in extra weight over the winter months plus another 4lb[[1]](#footnote-2) over the Christmas period[[2]](#footnote-3). However, reaching for a cuppa could be answer.

A laboratory study published in the European Journal of Nutrition[[3]](#footnote-4) found that study subjects on a junk food diet high in sugar and fat nevertheless lost weight when tea polyphenols were added to the mix. The study was conducted over 4 weeks. Polyphenols are natural plant compounds linked with weight loss, heart health and cognitive function in human studies.

Dr Carrie Ruxton from the **Tea Advisory Panel**, said: “While this research is a laboratory study, it echoes findings from human studies which show weight loss after adding tea polyphenols to the diet[[4]](#footnote-5),[[5]](#footnote-6). Both green and black (regular) teas seem to offer benefit.

“The researchers in this new study proposed that tea polyphenols work by stimulating ‘good’ bacteria in the colon which then promote fat breakdown and the clearance of glucose from the blood by cells through the AMPK pathway[[6]](#footnote-7). Positive changes to gut bacteria have also been linked with improved satiety, a feeling of fullness after meals.

“Winter means we tend to eat more and exercise less, leading to weight gain – which often isn’t lost until Easter! However, this doesn’t need to be the case. Reaching for a cup of green or black

tea instead of a high calorie hot chocolate or soft drink could help to keep some of those pounds off”.

ENDS

**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. [www.nhs.uk/Livewell/winterhealth/Pages/Avoidwinterweightgain.aspx](http://www.nhs.uk/Livewell/winterhealth/Pages/Avoidwinterweightgain.aspx) [↑](#footnote-ref-2)
2. <https://www.nhs.uk/news/obesity/is-christmas-weight-gain-harder-to-lose/> [↑](#footnote-ref-3)
3. <https://link.springer.com/article/10.1007/s00394-017-1542-8> [↑](#footnote-ref-4)
4. <https://www.ncbi.nlm.nih.gov/pubmed/19906797> [↑](#footnote-ref-5)
5. https://www.ncbi.nlm.nih.gov/pubmed/27941615 [↑](#footnote-ref-6)
6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4973318/> [↑](#footnote-ref-7)