

**NEW BRITISH MEDICAL JOURNAL STUDY LINKS FLAVONOIDS, FOUND IN TEA, WITH SLOWER WEIGHT GAIN IN ADULT COHORT**

Natural plant compounds found in tea, as well as certain fruits, may be the answer to expanding middle aged waistlines, according to a new study[[1]](#footnote-2) just published in *British Medical Journal.*

The US study tracked body weight changes in a large cohort of 124,086 men and women taking part in the Health Professionals Follow Up Study and Nurses Health Studies over a 24-year period. Data on diet, lifestyle and any diagnosed diseases were also collected every few years using questionnaires.

Commenting on behalf of the **Tea Advisory Panel**, Dr Carrie Ruxton said: “Higher intakes of dietary flavonoids, found in black and green teas, onions, berries, oranges and apples were statistically associated with less weight gain over the follow up period”.

“The significant associations remained even after the researchers took into account a range of lifestyle factors that could influence body weight. The results were also consistent across men and women, and different ages”.

“The study provides further evidence that drinking tea on a regular basis offers a wide range of health benefits, which include supporting cognitive function[[2]](#footnote-3) and contributing to hydration at intakes of up to six mugs daily[[3]](#footnote-4).

“Links between tea drinking and weight management have been highlighted before. A recent meta-analysis[[4]](#footnote-5) reported a statistically significant, although modest, effect of green tea on percentage fat mass in human subjects. Tea flavonoids are thought to work by lowering dietary fat absorption[[5]](#footnote-6), and may also boost fat burning[[6]](#footnote-7) ”.

“In conclusion, drinking unsweetened black or green tea in preference to calorie-containing beverages is a useful and evidence-based habit for helping to limit weight gain in adulthood”.

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. Bertoia ML et al. (2016) Dietary flavonoid intake and weight maintenance: three prospective cohorts of 124 086 US men and women followed for up to 24 years. Br Med J 352: i17. [↑](#footnote-ref-2)
2. Rendeiro C et al. (2012) Flavonoids as modulators of memory and learning: molecular interactions resulting in behavioural effects. Proc Nutr Soc 71(2): 246-62. [↑](#footnote-ref-3)
3. Ruxton CHS & Hart VA (2011). A randomised cross-over trial to evaluate the impact of black tea on measures of hydration. Br J Nutr 106(4): 588-595. [↑](#footnote-ref-4)
4. Baladia E et al. (2014) Effect of green tea or green tea extract consumption on body weight and body composition; systematic review and meta-analysis. Nutr Hosp 29: 479-90. [↑](#footnote-ref-5)
5. Lisowska A et al. (2015) Green tea influences intestinal assimilation of lipids in humans: a pilot study. Eur Rev Med Pharmacol Sci 19: 209-14. [↑](#footnote-ref-6)
6. Yang CS et al. (2016) Mechanisms of body weight reduction and metabolic syndrome alleviation by tea. Mol Nutr Food Res 60: 160-74. [↑](#footnote-ref-7)