

ESU 009– Tea as functional food beverage

Lecture 29



TEA

(*Camellia*
sinensis)

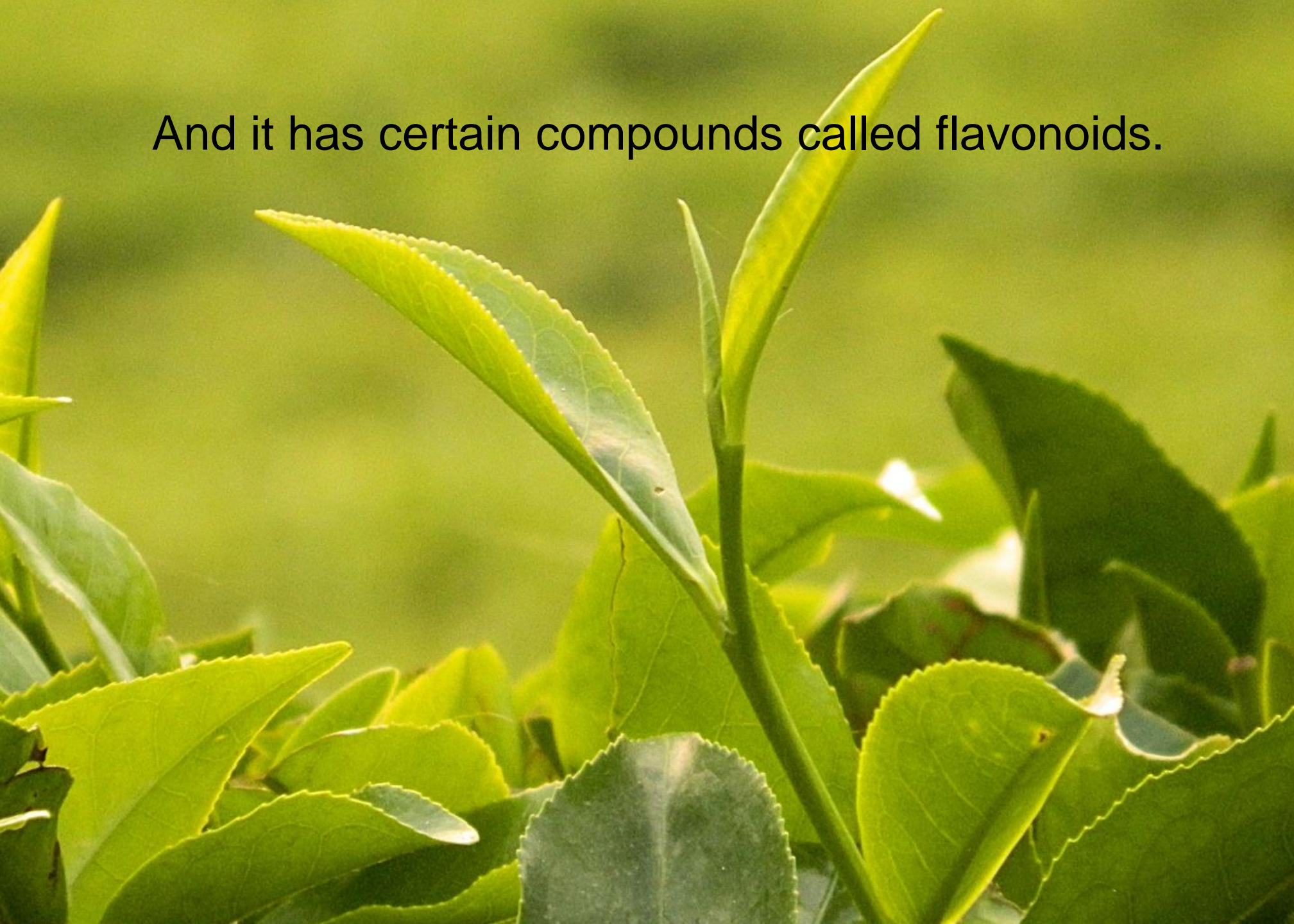
is second to water
as the most widely
consumed beverage
in the world.



It has a lower
caffeine content
compared to
coffee.



And it has certain compounds called flavonoids.



Types of Tea and their Health Benefits



Green tea



It is made from steamed unfermented tea leaves, which has the highest concentration of polyphenols. Polyphenols in green tea seem to neutralize free radicals and may help prevent damage to cells.

Black tea



This tea is made from fermented leaves and has the greatest caffeine content. Black tea may protect the lungs from cell damage caused by cigarette smoke and may reduce risk of stroke.

Oolong tea



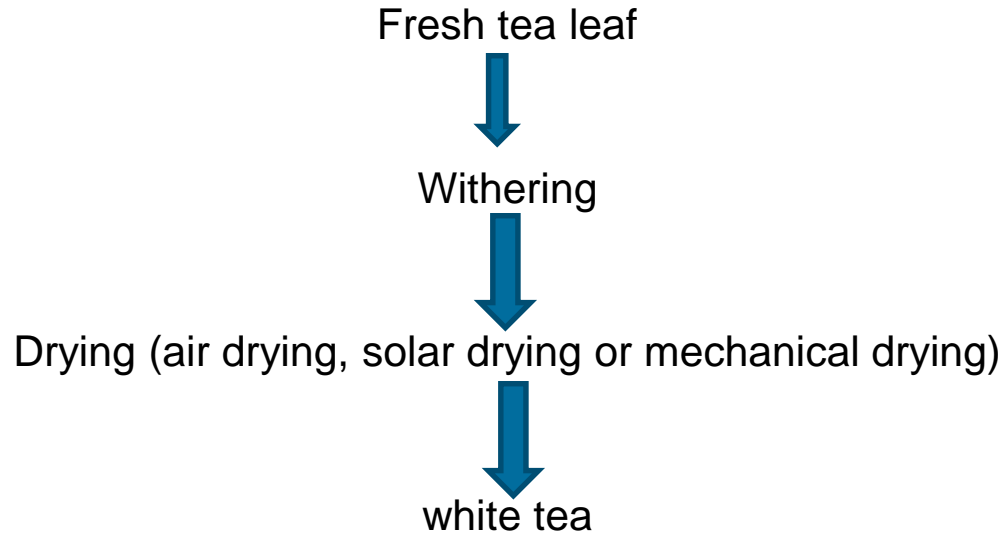
Made from semifermented tea leaves. **Oolong tea** has been shown to have antioxidants that help reduce bad cholesterol levels.

White tea

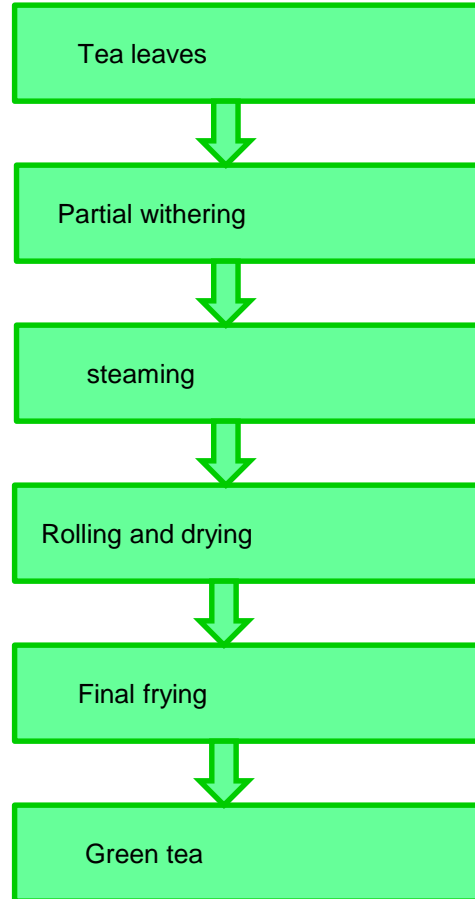


This tea comes from unprocessed and unfermented tea leaves. **White tea** has the most potent properties against cancer compared to processed tea.

Manufacturing of White tea



Green tea processing



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Health benefits of
“Green Tea”





Burns Your Fat

A very effective fat burner which can shed off extra pounds in few weeks.

A cup of green tea can boost metabolic rate which increases fat burning process.

The tea contains caffeine which acts as appetite suppressant.



Prevents Cancer

Green Tea provides a meaningful reduction to cancer risk.

The antioxidants present in green tea lowers the risk of brain, prostate, and colorectal cancer.

In short we can say that it's a weapon against cancer



Improves Dental Health



Green Tea provides good health to teeth.

It controls bacteria and lowers the acidity of saliva and dental plaque; it's a useful tool in preventing cavities.

It's anti- inflammatory powers help the teeth to control periodontal (gum) disease.

We can say that Green tea is a good medicine for Teeth health.

Anti – Aging



The antioxidants known as polyphenols present in green tea fight against the free radicals and give a glow to your skin.

Applying green tea mask directly on the face is the most effective sun guard.

Prevent Diabetes



Green tea improves lipid and glucose metabolisms, prevents sharp increase in blood sugar level and balance your metabolism rate.

Improved Blood Pressure



The daily consumption of Green tea helps us to keep our blood pressure normal



Keeps Away From Heart Disease



Green tea lowers down the cholesterol. Thus preventing it from cardiovascular diseases.

Memory in a Cup!!



The amino acid L-theanine present in the green tea increases the dopamine and production of alpha wave in the brain. Drinking green tea increases the blood flow to the part of a brain called dorsolateral prefrontal cortex (DLPFC). The DLPFC is involved in cognitive tasks such as long-term memory, reasoning, and comprehension.



Thank you

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