

## Tea drinks that will make you healthier

Manila Bulletin · 6 Sep 2022 · B-7 · chEshiRE QuE, RND, RN, RD cheshireque@gmail.com

Jasmine tea enhances the memory, calms and soothes the nerves, and relaxes muscle tension. Therefore, it is a great beverage for those who are under stress.



Water remains the most consumed drink globally. But what else do Filipinos drink the most? Milk tea? Iced coffee? GlobalData gives us a glimpse of the beverages market research report for the Philippines, which was published on May 31, 2022. With a beverage market size of 4.25 billion liters recorded in the fourth quarter of the year 2021, the country consumes a whole lot of soft drinks, hot drinks, dairy and soy drinks, milk alternatives, and alcoholic drinks.

The category of soft drinks is classified into packaged water, enhanced water, flavored water, carbonates, juice, nectars, still drinks, squash/syrups, fruit powders, iced or ready to drink tea drinks, iced or ready to drink coffee drinks, sports drinks, energy drinks, and bulk/HOD water. Carbonated drinks had the highest consumption.

Hot drinks include hot coffee, hot tea, and other hot drinks. In this category, hot coffee had the highest volume of consumption.

Dairy and soy drinks and milk alternatives include condensed milk, yogurt drink, evaporated milk, fermented milk, flavored milk, grain, nut, rice and seed milk alternative drinks, soymilk, and white milk. White milk was mostly consumed in this category.

Alcoholic drinks are beer, cider, flavored alcoholic beverages, fortified wine, brandy, gin and genever, liqueurs, non-alcoholic spirits drinks, rum, sorghum beer, sparkling wine, specialty spirits, still wine, tequila and mezcal, vodka, and whisky. For a country that produces world class beer, it isn't surprising for beer to be the most consumed alcoholic beverage in the country.

Unfortunately, not all of these beverages are healthy, especially when consumed excessively. Even seemingly healthy beverages like tea and coffee, which are both full of antioxidants, may be detrimental to health when laden with sugar, cream, and other additives. Animalbased milk products are also harmful to those with food sensitivities and other medical conditions that are affected by the increased production of growth hormone IGF-1, also known as, insulin like growth factor 1.

If you're interested in drinking beverages that will not only quench your thirst but also make you healthier, here are three tea beverages that will be beneficial to you and your family:

1. Chrysanthemum tea – This flower tea is ideal for the summer season and tropical countries. It contains plant properties that help dispel heat. It also has antipyretic properties that will aid in alleviating fever. The chrysanthemum contains many phytonutrients, specifically the antioxidant, carotenoid. This promotes a healthy vision, especially among individuals who are prone to having eye strain due to long hours spent in front of computers and gadgets.

2. Jasmine tea – This fragrant flower tea has long been used by ancient Chinese and Indian physicians. It is rich in phytochemicals and among these is the Aucubin, a defensive compound that promotes a healthy nervous system. Jasmine tea enhances the memory, calms and soothes the nerves, and relaxes muscle tension. Therefore, it is a great beverage for those who are under stress.

3. Green tea – Long revered as a longevity drink in Japan, green tea boasts of many health benefits from anti-cancer, healthy digestion, brain health, prevention of cardiovascular diseases, and stroke. It is best to

drink decaffeinated green tea. The caffeine content of green tea leaves can be removed by roasting in low heat and treating with carbon dioxide and water. Matcha is the powdered form of green tea. Both come from the *Camelia Sinensis* plant but matcha has a higher level of concentration of polyphenols, the compounds that prevent blood clotting and clogging of blood vessels. Arteries that have sufficient blood flow are good in keeping the blood pressure and blood cholesterol at bay.

The chrysanthemum, jasmine, and green tea can be enjoyed hot or cold. Just be mindful of the other ingredients that you may want to mix in. These tea drinks are best consumed pure sans sugar and milk.