Green Tea vs Herbal Tea

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We often see, the tea aisle in supermarkets flooded with variety of tea and one gets confused, as to which one to choose. Tea lovers often find it difficult to make choice between two popular wellness drinks - green tea and herbal tea.



Both these teas are considered healthy beverages, and good in their own respective ways. But nutritionally, they're quite different. Understanding these differences can help one make the right choice. Hence, let's dive deep into these healthy beverages and get answer to our concerns.

What is green tea?

Green tea is made from the leaves of the Camellia sinensis plant, the same plant used to make black and oolong tea. The difference lies in processing. Green tea leaves are lightly steamed or pan-heated, preserving their natural antioxidants called catechins.

From a nutrition point of view, green tea is packed with polyphenols that fight oxidative stress, support metabolism, and may improve cardiovascular health. It contains a small amount of caffeine, when compared with black tea, which helps in providing alertness without causing anxiety or restlessness as seen with coffee.

Regular consumption of green tea is linked with improved brain function, weight management, healthy heart, and may give protection against some chronic diseases. However, excessive intake can sometimes lead to acidity in sensitive individuals or caffeine-related issues.

What is herbal tea?

Unlike green tea, herbal teas are not made from tea leaves but from a blend of herbs, flowers, fruits, and spices. Popular ones include chamomile, hibiscus, peppermint, tulsi (holy basil), and mint or lemon-ginger. Each type offers unique nutritional and therapeutic benefits depending on its ingredients.

Herbal teas are naturally caffeine-free, making them suitable for children, pregnant women, and those sensitive to caffeine. Each one is unique; if chamomile tea soothes nerves and promotes sleep, peppermint tea aids digestion, relieves bloating, while hibiscus tea supports healthy blood pressure and lemon-ginger is good for sore throat.

From a nutritional standpoint, herbal teas provide phytonutrients, essential oils, and plant compounds that support overall wellbeing. They're also hydrating, gentle on the stomach, and can be safely enjoyed several times a day.

Green tea vs herbal tea

Green tea and herbal tea differ in their origin, composition, and effects on the body. Green tea naturally contains caffeine, making it ideal for mornings or midday when one needs a gentle

energy boost and improved focus. Herbal teas, on the other hand, are caffeine-free blends of herbs making them perfect for the evening or before bed when relaxation is most needed. Nutritionally, green tea provides powerful antioxidants, while herbal teas give a broader range of benefits such as calming the nerves, aiding digestion, and supporting immunity. If green tea can be called as a metabolic enhancer, then herbal tea can be named as natural healer or stress reliever.

From a nutritionist's view, there's no competition - both green tea and herbal teas have a place in a balanced diet. Choose according to your body's needs, time of day, and personal preferences. Variety is key - switching between teas provides diverse plant compounds and reduces the risk of overconsumption of any single ingredient. If you're caffeinesensitive or pregnant, limit green tea to one cup a day. Herbal teas like chamomile, tulsi, or ginger are gentler alternatives. Always choose organic, additive-free varieties for maximum benefit.

To conclude, whether you sip green tea or herbal tea, both can be part of a healthy lifestyle. The key is to listen to your body and see what suits you. You don't have to choose one over the other, enjoy them at different times of the day and let each cup calms and relaxes you.