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Tea For Health

Iced tea is America's favorite summer sidekick. But did you know tea does more for your body than delight your taste buds and quench your thirst?

Tea packs a mighty punch when it comes to your health. Joe Simrany, president of the **Tea Association of America, Inc.**, says, "Tea helps inhibit chronic disease such as cardiovascular disease, and certain forms of cancer. It can also increase metabolism and contribute to dental health and increased bone mass."

Americans consume about 127 million cups of tea every day, with 75% as iced tea.



That's pretty good news for avid iced tea fans!

Defending you against disease

Here's how it works. Black tea, the main ingredient in traditional iced tea, contains antioxidants called flavonoids. These are the same antioxidants that are found in fruits and vegetables and help prevent free radical damage. Research tells us these antioxidants may help prevent cancer, heart disease, premature aging, and more.

Iced tea contains about 190 mg of flavonoids per serving. Tea will go a long way toward boosting your antioxidant intake. (But this doesn't mean you can skimp on your fruits and veggies—they provide fiber and many vital nutrients!)

A delicious way to drink more water

Tea is also a delicious way to make sure you drink your six to eight glasses of water a day. Drinking part of that requirement as iced tea can help maintain your body's fluid balance and keep your body cool, cushion your joints, and transport nutrients throughout your body. Remember, getting enough fluids is especially important as the weather heats up.

No calories, no fat...naturally

Iced tea naturally contains no calories, fat, or sodium, when you drink it without adding extra ingredients. It's a great-tasting, healthy alternative to soda and other sugary drinks.

Be sure to always keep a pitcher full of iced tea in your fridge. Serve it at your family gatherings. Even pour some in a bottle and take it with you when you're out and about—for a refreshing pick-me-up that's good for you.

So easy to make

Mr. Coffee® Iced Tea Makers make it so simple to serve up delicious, healthy refreshments. Freshly brewed, frosty ice tea is ready in less than 10 minutes! There's no fuss, no mess, and our iced tea makers are even super easy to clean.

Look for delicious **recipes** for iced tea everyone will be sure to love. And let the good times begin with summer's favorite healthy drink.

Note: Emerging research supports the beneficial role of tea in a healthy diet, but additional scientific studies are necessary.

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