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Welcome to your  
Corporate Bodies  
International Fortnightly  
Health Email

### Fortnightly Challenge

Try swapping one of  
your daily coffees or soft  
drinks for a mug of tea  
instead!



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This fortnight's healthy topic...

## Bottoms Up... Facts on Tea



We have all heard that drinking tea can provide us with possible health benefits. Here are some facts on one of the world's most popular drinks... TEA!

### What is Tea?

Tea comes from the dried leaves of a tea plant, called *Camellia sinensis*. The different types of tea are created by putting the leaves through different levels of processing. There are 3 main types of tea (Black, Green, Oolong), all shown to have similar health benefits.

### Tea and Health

- Tea has almost no kilojoules and contains valuable nutrients with traces of protein, carbohydrates and fats.
- One of the most valuable nutrients in tea is the antioxidants called flavonoids.
- It is thought that by consuming foods rich in antioxidants, we can help 'soak' up free radicals suspected to be responsible for heart disease and some cancers!
- Therefore, drinking tea, as well as eating a healthy balanced diet with fruits and vegetables, may reduce your risk of heart disease and cancer.
- Tea is an excellent source of important nutrients such as potassium (maintaining fluid levels), zinc (for growth and development) and manganese (for healthy bone growth).
- Drinking tea can contribute to your daily fluid balance, helping you stay hydrated.
- Tea contains about half the amount of caffeine as coffee.

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**