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Green Tea

Metabolic Influences

- Green tea is one of four types of tea (white, green, black, and oolong) that come from the plant *Camellia sinensis.*
- The beneficial effects of green tea are attributed to polyphenols, particularly catechins, which make up 30% of the dry weight of green tea leaves.
- Green tea leaves contains more polyphenols because of differences in the processing of tea leaves after harvest.

Green Tea and Weight Loss

- Recent studies have suggested a role for catechins in promoting weight loss.
- (-)epigallocatechin—3–gallate, or EGCG, is the most abundant and commonly studied catechin in green tea, accounting for about 65% of its catechin content.
- One cup of green tea contains 100—200 mg of EGCG.

How does green tea promote weight loss?

Catechins influence intestinal and cell metabolism in several ways:

Inhibiting intestinal lipases
Decreasing fat absorption
Increasing fat excretion
Increasing uncoupling proteins
Increasing thermogenesis
Decreasing lipogenic enzymes
Suppressing appetite

In Summary

Research on green tea and its components shows an impact on obesity and weight gain in both laboratory animals and human subjects. Green tea has an impact on food intake, body weight, and body fat, as well as on cholesterol, triglycerides, and glucose levels. With the high rates of overweight and obesity seen in the US, green tea could prove to be a valuable natural obesity prevention option.

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