



TOP 5 REASONS TO DRINK UNSWEETENED TEA

1. FLAVONOIDS

Naturally occurring dietary compounds found in a variety of plant-based foods and beverages such as tea that have been associated with **HEART HEALTH BENEFITS.***



2. HYDRATION

Tea is 99.5% water, making it **JUST AS HYDRATING & REFRESHING AS WATER.***

3. ZERO CALORIES

Unsweetened Green and Black Tea **CONTAIN ZERO CALORIES** when consumed without milk or sugar.



4. 0g ADDED SUGARS

Choosing beverages with **NO ADDED SUGARS** in place of sugar-sweetened beverages can contribute to a healthy diet consistent with the Dietary Guidelines for Americans.*

5. LESS CAFFEINE

Green and Black tea contain **LESS CAFFEINE THAN COFFEE.** Green tea has 28mg of caffeine per cup and black tea has 48mg per cup while brewed coffee has 96 mg per cup.*



*For more information including the scientific citations please visit <https://www.lipton.com/us/en/love-your-heart/>



LOVE YOUR HEART WITH LIPTON

Your heart has a big job to do circulating blood throughout your body. As part of a balanced diet, consuming unsweetened green & black brewed tea everyday can help support a healthy heart.

WHAT ARE THEY?

FLAVONOIDS ARE NATURALLY OCCURRING DIETARY COMPOUNDS FOUND IN TEA and can help support healthy blood circulation essential for heart health.*

HOW MUCH DO I NEED?

Scientific experts recommend daily consumption of **400 to 600 mg of FLAVAN-3-OLS** (a sub-group of flavonoids) to **SUPPORT HEART HEALTH.***

WHERE CAN I FIND FLAVONOIDS?

TEA IS ONE OF THE TOP SOURCES OF FLAVONOIDS

in the diet, however they can also be found in a variety of fruits and vegetables as seen below.

FLAVONOID CONTENT OF SELECTED FOODS

	AMOUNT	FLAVONOID CONTENT (mg) [†]	
	Lipton Black Tea	1 cup	170 mg [‡]
	Lipton Green Tea	1 cup	150 mg [‡]
	Raspberries	1 cup	83 mg
	Strawberries	1 cup	50 mg
	Apple	1 medium	49 mg
	Orange Juice	1 cup	36 mg
	Kale, raw	1 cup	23 mg
	Green Pepper, raw	1 cup	10 mg
	Pomegranate Juice, bottled	1 cup	10 mg
	Onion, red, raw	1 slice	8 mg
	Broccoli, cooked	1 cup	3 mg

[†] USDA Database for the Flavonoid Content of Selected Foods Release 3.3 <https://www.ars.usda.gov/ARSUserFiles/80400535/Data/Flav/Flav3.3.pdf>

[‡] Per Laboratory Analysis