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Short Communication

Major Health Benefits of Drinking Green Tea

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Black and green both have diverse types of antioxidants than fruits and vegetables. Thearubigins, epicatechins, and catechins are among them. All are measured flavonoids, a type of antioxidant. Brewed green and black teas have loads of those. Green tea is further than just a hydrating drink. The green tea plant comprises a range of healthy complexes that make it into the final drink. Tea is ironic in polyphenols, which are natural mixtures that have health aids, such as dropping inflammation and helps to fight cancer. Green tea does additional than just keep you aware, it may also help increase brain job.

The key active component is caffeine, which is a known intoxicant. It doesn't comprise as much as coffee, but enough to yield a response without producing the jittery things related with taking in too much caffeine. If you look at the elements list for any fat scorching supplement, chances are, green tea will be on there. This is as, according to study, green tea can growth fat burning and boost metabolic actions. Cancer is caused by abandoned growth of cells. It's one of the world's top causes of death. Study has shown that oxidative impairment can lead to chronic redness, which can lead to chronic diseases, counting cancers. Antioxidants can help defend against oxidative damage.

Contains healthy bioactive complexes: Green tea is full with polyphenol antioxidants, including a catechin. These antioxidants can have many beneficial properties on health.

May progress brain function: Green tea comprises less caffeine than coffee but adequate to yield an effect. It also comprises the amino acid

L-theanine, which can effort synergistically with caffeine to progress brain function.

Rises fat burning: Green tea may increase metabolic rate and rise fat burning in the short term, while not all studies approve.

Antioxidants lessen the risk of some cancers: Green tea has influential antioxidants that may defend against cancer. Several studies confirm that green tea drinkers have a lesser risk of several types of cancer.

Protect the brain from aged: The bioactive complexes in green tea can have several protecting effects on the brain. They may lessen the risk of dementia, a shared neurodegenerative condition in older adults.

Reduce bad breath: The catechins in green tea prevent the growth of bacteria in the mouth, plummeting the risk of bad breath.

Help avoid type 2 diabetes: Some precise research show that green tea may source mild decreases in blood sugar levels. It may also lessen the risk of type 2 diabetes.

Prevent cardiovascular disease: Green tea may lesser total and LDL (bad) fat, as well as protect the LDL elements from oxidation. Research show that persons who drink green tea have a minor risk of cardiovascular illness.

Lose weight: Some research show that green tea may lead to enlarged weight loss. It may be mostly active at reducing the hazardous abdominal fat.

Live longer: People who drink green tea may live longer than those who don't. Green tea has a series of conceivable health benefits.

To help you feel well, lose weight, and lessen your risk of chronic diseases, you may want to deliberately make green tea a steady part of your life.