5 healthy benefits of green tea

Green tea is a healthy beverage that provides a number of benefits.

Like many coffee loyalists, I dabbled in green tea occasionally.

However, it wasn't until recently that I made the switch from my daily joe to my daily green.

What spurred the change?

Simple. I ran out of coffee.

All I had for caffeine in the cupboard was a box of [Salada](#) green tea bags. I figured *some* caffeine is better than *no* caffeine. So I fired up the tea kettle.

As I drank the tea, my taste buds welcomed the clean and surprisingly refreshing taste of the substitute caffeine source. I decided to try green tea instead of coffee for my usual morning cup for one week.

Well that was months ago, and I'm still very much still enjoying green tea. In fact, I could probably count on one hand the number of coffees I've had in the past few months.

I researched the benefits of green tea on the Internet. Not surprisingly, there is a lot of Web content that expounds the virtues of this "superfood", but I've whittle it down to the top 5 healthy benefits of drinking green tea.

5. Green tea is loaded with antioxidants

In fact, green tea has concentrated amounts of antioxidants, meaning you are getting a LOT of nutritional bang from just one cup.

[According to WebMD](#), green tea is very high in a particular kind of antioxidant called catechins, which hunt for the free radicals that are responsible for wreaking havoc on DNA, leading to cancer, clots, and other health problems.

4. It's good for your heart

A Japanese study found that drinking at least four cups of green tea daily may result in reduced heart disease amongst men. A Dutch study found a direct correlation between high amounts of tea consumption and less blockage in blood vessels of the heart.

While four cups of green tea a day seems like a lot (to me, at least), it is important to note that there are many different kinds of green tea available on the market today, including decaffeinated (what I like to drink at night) and various fruit-infused flavors such as pomegranate and blueberry.

Another brand that I like is [Celestial Seasonings](#), based in Boulder, CO. They make a wide variety of tasty teas in a lot of cool-sounding combinations that makes me want to try all of their various flavors. So far, I'm a big fan of their Honey Lemon Ginseng Green Tea, which is my tea of choice for most mornings.

3. It lowers your "bad" cholesterol

High Density Lipoproteins, aka HDL aka the "good" cholesterol is usually found in foods that contain [omega-3 fatty acids, such as nuts and fish](#).

Low Density Lipoproteins, or LDL, is the "bad" cholesterol. In another Japanese study (the Japanese love green tea, apparently) both men and women were given varying amounts of green tea extract for three months.

Those who got the highest amount lost fat and weight and had lower [blood pressure](#) and lower LDL "bad" cholesterol.

2. It is anti-aging

What the heck does that mean, anyway?

Well, according to studies, the free radicals in your system are a big contributor to your body's aging process. Green tea contains polphenols, which fight the free radicals, thus [promoting longevity](#).

Pretty cool, right?

1. It just plain tastes good!

Nothing too scientific with this one.

If you are drinking a beverage you enjoy, then chances are you also feel good. And when you feel good…you usually do good things. Usually.

Green tea is so versatile because it can be drunk cold or hot, and there are hundreds of different types of teas in a variety of colors (black and white).

I personally just take my green tea straight up, but others prefer lemon or honey. The possibilities are endless with this wonder beverage!

Have you made the switch from coffee to green tea yet?