

June 2022 Nutrition Newsletter



TEA TIME!

Tea is a naturally refreshing drink that, on its own, has no calories and is a good source of antioxidants, which may play a role in preventing heart disease and cancer. It is also a good source of fluoride, a mineral that may help prevent tooth decay.

Originally cultivated in China, there are now about 1,500 different varieties of tea worldwide and each one offers its own style, aroma, and flavor.

The caffeine content of tea also varies widely depending on the type of tea and the way it is brewed. Typical caffeine levels for tea are less than half of that of coffee, ranging from 20–60 milligrams per cup. It is recommended to consume no more than 400 milligrams of caffeine per day.

Be sure to add milk, sugar or honey in moderation—as too much of these can add extra calories and unwanted fat to an innately healthy beverage!

Lemon Zinger Cider

Yield: 6 Cups (Serving Size 1 cup)

Ingredients:

4 Lemon Zinger Tea Bags

4 cups boiling Water

2 cups chilled Apple Cider or Apple Juice

Preparation:

Place tea bags in a heat-proof pitcher, add boiling water and let steep for 20 minutes. Remove the tea bags, add apple cider (or apple juice). Serve over ice.

Per serving: 60 calories; 0 g fat; 15 g carbohydrates; 0 g added sugars;
0 mg sodium; 30 mg potassium

