

All about Iced Tea

June 10, 2011



Did you know?

June is celebrated as the US National Iced Tea Month, and June 10th is National Iced Tea Day.

History of Tea

According to legend, tea was discovered by the mythological Chinese Emperor, Shen Nung in 2737 BC. Leaves from a shrub fell into a cup of hot water, and when the Emperor drank this new brew he found it refreshing and considered that it must have medicinal powers.

Iced Tea

The history of iced tea goes back to the early 1800s, and has become more and more popular over the years. A hundred years later, at the 1904 World's Fair, Richard Blechynden, a tea plantation owner, was the only person selling iced tea.

According to the Tea Council of the USA, 85% of tea consumed in the US is iced tea.

Types of Tea

There are five different types of "real" tea – white, green, oolong, black and pu-erh (dark) tea. They are all derived from the same plant, which is biologically-known as *Camellia sinensis*.

Herbal teas (or tisanes) are made from around 300 different plants, with different parts of the plant being used. For example, leaves are used in peppermint tea, fruit is used in rosehip tea, dried flowers are used in chamomile tea, the root is used in ginseng tea and the stems/sticks are used for rooibos.

NESTEA

NESTEA was introduced to the US market in 1948, and today is one of Nestlé's global billionaire brands. It comes in a wide range of formats and flavours, including, NESTEA ready to drink and NESTEA soluble instant tea mix

Health benefits of tea

Tea is not only a refreshing drink - it may also contribute to health and wellness. Its ingredients include compounds called polyphenols, which have antioxidant properties. A variety of different types of studies, including, computer simulation, animal studies and human studies, are needed to understand how tea ingredients affect biological processes, and how tea might benefit health and wellbeing through these processes.

Nestlé's tea research

Nestlé has done research to better understand the health properties of tea. For example, one of our recent studies showed that green tea is a large source of antioxidant polyphenols in Japan, providing 34% of total polyphenol consumption in beverages¹. Also, last year we published a study to show how well tea polyphenols are absorbed and metabolized in healthy people². We have also done a very limited number of animal studies on tea ingredients, but not on any of our finished tea products. Where we conduct research with animals we always adhere to the highest ethical norms, standards and regulations.

1. Agric Food Chem. 2009 Feb 25;57(4):1253-9.

Coffee and green tea as a large source of antioxidant polyphenols in the Japanese population.

Fukushima Y, Ohie T, Yonekawa Y, Yonemoto K, Aizawa H, Mori Y, Watanabe M, Takeuchi M, Hasegawa M, Taguchi C, Kondo K.

2. Br J Nutr. 2010 Dec;104(11):1635-40. Epub 2010 Aug 9.

Plasma appearance and correlation between coffee and green tea metabolites in human subjects.

Renouf M, Guy P, Marmet C, Longet K, Fraering AL, Moulin J, Barron D, Dionisi F, Cavin C, Steiling H, Williamson G.