

Know your green tea

Myth 1: Only green tea has antioxidants with 'detox' properties

Fact: If green tea has antioxidants and flavonoids, so does black. In each case, oxidation or non-oxidation gives the tea a different set of antioxidant compounds.

Myth 2: The low caffeine

content in green tea makes it healthier.

Fact: Well, the fact is that tea, whether black or green, is naturally low in caffeine.

Myth 3: They say that green tea helps in weight loss.

Fact: "Seeing is believing" but not always. One such example is green tea and its health claims. As a matter of fact, tea, whether green, black or white, is only 1 calorie per 100 ml of serving.

— *Munmun Gonerwal, nutritionist & fitness consultant*



THINKSTOCK