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Brew



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UKTEA &
INFUSIONS
ASSOCIATION





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UK TEA & INFUSIONS ASSOCIATION



Welcome to issue ten of Brew. The e-zine for tea and infusions enthusiasts everywhere.

The United Kingdom Tea and Infusions Association (UKTIA) is a Trade Association and the voice for the British Tea, Herbal and Fruit Infusions industry.

Part of our work is to promote tea and infusions and we encourage you to visit our website www.tea.co.uk to find more about the history of tea, the diversity of herbal infusions and how to make the perfect brew www.tea.co.uk/make-a-perfect-brew.

To get regular updates follow us on Twitter or Instagram @UKTalkingTea or Facebook @UKTalkingTeaAndInfusions and subscribe to our [YouTube Channel](https://www.youtube.com/UKTalkingTea) at [YouTube.com/UKTalkingTea](https://www.youtube.com/UKTalkingTea)



A word from our Chief Executive

As I sip a warming cuppa, let me take this opportunity to wish all of our readers a very Merry Christmas and a Happy New Year. I find myself repeatedly asking, 'where has this year gone?' It has flown by.



As the pace of life seems to move quicker, it is nice to take time to brew your favourite tea or infusion and enjoy five minutes to yourself. As well as embedding the Smart Boil habit - boiling only the water I need for my cuppa, saving time, money and energy (and getting a better tasting cup of tea into the bargain), I have also retrained myself to allow the tea to brew for at least 3-5 minutes. Using this time to stop, breath and rest. OK - sometimes I empty the bin, or load the dishwasher, but I am trying to take a little time out each day to regroup and refresh.

When I do drink my perfectly brewed cup of tea, I also know I am consuming a host of beneficial compounds, such as flavan-3-ols. These bioactives are a sub-group of the flavonoids, healthy plant compounds found in many foods and drinks, such as tea, apples, berries, and cocoa. While many foods contain flavan-3-ols, we know that in the UK and European diet black tea is a significant source of flavan-3-ols and new research emphasises that tea accounts for more than 35% of dietary flavan-3-ol intake in US diet. Head to page 16 where Dr Tim Bond of the Tea Advisory Panel tells us more about these amazing plant compounds that have been shown to confer a range of potential human health benefits, including protecting against type 2 diabetes, inflammation, heart disease, obesity, cancer, and digestive problems.

Tea really is the gift that keeps on giving.

Wishing you all Happy Holidays and a Peaceful & Prosperous New Year.

Sharon Hall

UKTIA Chief Executive

Seasonal cheer in a cup

How a warming cuppa can boost your mood this winter.

As the sun gets lower in the sky and the weather turns increasingly nippy, millions of Brits face months of winter blues. Yet, as a national survey [1] for the UK Tea and Infusions Association (UKTIA; www.tea.co.uk) reveals, a warming mug of tea can be just what the doctor ordered.

Around 2 million Brits struggle with low mood throughout the darker months of the year, according to the NHS [2], leading to lethargy and irritability. One of the main reasons is a lack of sunlight which is necessary for a functioning body clock and normal levels of serotonin – the so-called ‘happy hormone’.

As the NHS advises, keeping active, following a healthy diet, and staying warm, for example by enjoying hot drinks, can all help to ward off low mood as the nights draw in. The UKTIA survey of tea drinkers found that **tea is the go-to drink at this time of year**, with 58% of British adults saying they quaff the most tea during autumn and winter months.

[1] Survey of 1000 UK employed tea drinkers, March 2022, conducted by independent polling company, Perspectus Global.

[2] <https://www.nhsinform.scot/healthy-living/mental-wellbeing/low-mood-and-depression/beating-the-winter-blues>





**Enjoying a hot cup of
tea, can help to ward
off low mood as the
nights draw in.**

Dr Sharon Hall, Chief Executive of the UKTIA, says: “Our survey shows that Brits really appreciate a cup of regular black tea once the barbeque is packed away for the year and the leaves start falling off the trees. Earl Grey tea, with its zingy citrus flavours, is also popular.

“According to four in 10 (43%), the best cuppa by far is the first one of the day, followed by the one they drink at breakfast. Around one in ten prefer their cup of tea when they get into work.”

The survey also found that more than a third of adults (32%) always match their type of tea to their moods, with a further 24% doing this sometimes.

The traditional cuppa with milk is the most popular option across all mood states, especially when people are feeling lonely, but other teas have their moments too.

Chamomile is a popular choice for de-stressing, while a zingy fruit tea is the ideal option when feeling in a good mood. The menthol hit of peppermint tea is singled out as great for motivation.

Here are Dr Hall’s recommendations for teas to match your winter experiences:

- **A rainy day – English breakfast black tea**
- **A walk through autumn leaves – Green tea**
- **Christmas shopping – Chai tea**
- **Sledging – Hibiscus tea**
- **Duvet day – Darjeeling**
- **The first winter cold – Ginger tea**
- **The morning after that festive party – Peppermint tea**
- **Dry January – try a new tea every day!**

For more on tea see www.tea.co.uk



Festive Food & Drink

Looking for inspiration to make non-alcoholic drinks more interesting as you think about tackling dry January? We're here to help with some **delicious tea mocktail recipes** which take minutes to make and are full of long-lasting, delicious flavours. First up you'll need to make the tea syrup base which is the vital ingredient to create a non-alcoholic version of your favourite cocktails. Earl Grey is a perfect, fragrant tea for a perfumed syrup and can be used to make a deliciously refreshing Earl Grey Tea & Tonic.

You'll need:

Syrup Ingredients

4 Earl Grey teabags
500ml of boiling water
500g sugar

How to make the syrup

Add the 4 Earl Grey teabags to a heatproof pan and pour over 500ml of boiling water. Leave to steep for 5 mins. Squeeze the teabags and remove from the tea liquor. Add 500g of sugar and stir until dissolved. Pour into a bottle with a screw top and cool in the fridge.

Earl Grey Tea & Tonic Ingredients (per glass)

2 tbsps. Earl Grey Tea Syrup
Indian Tonic Water (enough to fill a large glass)
1 tbsp. Lemon juice
Crushed Ice
Lemon, lime or Orange and Rosemary to garnish. The choice is yours.

How to make the Mocktail

In a tall glass, add some crushed ice and pour over 2 tbsps. of the Earl Grey syrup, 1tbsp. lemon juice and fill with Indian Tonic Water. Stir to blend, garnish, then sit back and enjoy!



If you're also trying to kick the caffeine, here's a fruit tea syrup that will get you thinking 'move over strawberry daquiri' when you taste this Strawberry & Pomegranate Pink Fizz Mocktail.



Strawberry Infusion Syrup

4 Strawberry Fruit Tea Infusion teabags
500ml boiling water
500g sugar

How to make the syrup

Add the 4 Strawberry Fruit Tea infusion tea bags to a heatproof pan and pour over 500ml boiling water. Leave to steep for 5 mins. Squeeze the teabags and remove from the liquor. Add 500g of sugar and stir until dissolved. Pour into a bottle with a screw top and cool in the fridge.

Strawberry Pink Fizz Mocktail Ingredients (per glass)

2 tbsps. Strawberry Infusion syrup
Soda water (enough to fill a tumbler)
Juice of ½ Pomegranate
Cubed ice. Rosemary & sliced fig to garnish

How to make the Mocktail

Put 4 cubes of ice to a tumbler and add 2 tbsps. of the strawberry syrup, pour over the pomegranate juice, and top up with soda water. Garnish with a slice of fig and a sprig of rosemary.



Delicious Bakes and Sweet Treats

Nothing beats a good slice of homemade cake or buttery biscuits to pair with your mid-morning or afternoon tea. At this time of year it's great to have these ready for when friends, neighbours and family pop in. Tea is a superb ingredient when baking traditional recipes, adding delicate aromatic flavours. Earl Grey is fabulous when used to make a tea loaf. Bergamot infused fruit tastes divine in this moist, "moreish" bake.

Earl Grey Tea Loaf

Makes a delicious 2lb/1kg loaf

You'll need

150ml Earl Grey Tea, hot, freshly brewed
200g sultanas
75g dried apricots, roughly chopped
75g dried figs, roughly chopped
150g dark Muscavado sugar
2 eggs
225g self raising flour
2 teaspoons mixed spice

How to make the Earl Grey Tea Loaf

Line a 2lb/1kg loaf tin and pre heat the oven to 160 degrees fan assisted /180 degrees non fan-assisted. Place the dried fruit (sultanas, figs, apricots) in a bowl and add the 150ml Earl Grey tea.

Give it a good stir and leave to soak for 30 mins to infuse. Whisk the egg whites with the dark Muscavado sugar until well blended. Fold in the flour and the mixed spice, then add the soaked fruit and any residual tea and mix well.

Pour the cake mixture into your lined loaf tin, level the top with a spatula then place in a pre-heated oven for 55 minutes to an hour.

The loaf is cooked when it's golden and firm to the touch and a skewer comes out clean when poked in the top. Leave to cook slightly before cutting into large slices and serving with lashes of butter. The loaf will keep, if well-wrapped for 2 or 3 days.

Eastern Treats

Christmas is the perfect time to sample foods from across the globe, especially those that revolve around tea! **Nankhatai** is a delicious spiced Indian shortbread, and is one of the country's favourite biscuits. The word "Nankhatai" is derived from the Persian word "Naan" which means "Bread" and "Khatai" which means "Biscuit". They are a perfect pairing with Chai and its festive aromas.



You'll Need

3 green cardamom pods
40g icing sugar
100g unsalted butter, at room temperature
70g self-raising white flour
25g gram flour
25g semolina
24 skin-on almonds or chopped pistachios

How to make Nankhatai

Split the cardamom pods and remove the seeds. Pound the seeds to a powder in a pestle and mortar with 1 tsp of the sugar. Beat the butter until soft, then gradually add the remaining icing sugar and the ground cardamom. Continue beating until light and creamy, about 10 mins.

Sieve the flour and gram flour into a bowl and whisk in the semolina and a pinch of salt. Stir into the butter and sugar in two increments. Gently bring everything together into a soft dough.

Roll the dough into small, marble-sized balls with your hands and arrange, spaced out, on baking trays lined with baking parchment. Slightly flatten the top of each ball and press a whole almond or some chopped pistachios in the middle of each one. Chill for 20 mins.

Heat the oven to 160C/140C fan/gas 3. Bake the biscuits for about 20 mins or until golden. Leave to cool before storing in an airtight tin.

Serve with a piping hot cup of Masala Chai

New plaque unveiled at the Tea History Collection



On 8th December 2022, Dr Sharon Hall, Chief Executive of the United Kingdom Tea & Infusions Association, had the honour of unveiling the latest plaque commemorating the Tea Industry. This is the fourth plaque to be produced by the London Tea History Association (LTHA) to recognise key sites of relevance to the UK Tea Industry. Now hanging in the Tea History Collection in Banbury, the plaque represents not only the Shortt Family connection with tea, but also

Denys Shortt's (pictured here) commitment to building the Tea History Collection. And for those wondering about the connection between Banbury and Tea, Mike Bunston, Chair of the LTHA, told us the largest Tea Warehouse in UK for over 30 years was based in Banbury. At one time it housed over 800,000 tea chests.



In the summer of 2014, two tea enthusiasts visited the City of London to follow at the "Tea Trail" as outlined in Edward Bramah's book 'The Bramah Tea and Coffee Walk Around London: A Guided Tour of 400 Years of Tea and Coffee History Around the City and Southwark.' They were surprised to find that there was no public record or evidence that The Tea Trade had been actively involved in the City for over 350 years, so they set about trying to rectify this situation and looked at the possibility of having bronze plaques placed in strategic areas, such as St Katherine's Dock and Plantation Place (Originally Plantation House), where the tea auctions had taken place for many years, as well as a third plaque, possibly in the area around Sir John Lyon House where the auctions moved to in 1971 until 2000.

A committee, with representatives from the UK Tea Trade, was set-up to deliver the project, but it was immediately apparent that this was not a straight-forward undertaking and so the LTHA was formed. To date LTHA, with support from the tea industry, has delivered four plaques at St Katharine's Dock, The Tea Building in Shoreditch High Street (Lipton), Sir John Lyon House and the latest, at The Tea History Collection (THC) in Banbury. You can read more at www.londonteahistory.co.uk/

The THC is based in Banbury UK and has been created by Denys C. Shortt, OBE, to preserve important historical items associated with Tea. Denys comments "The idea of the Collection came after a request by Brian Writer (founder of Windmill Tea Company) who wanted us to look after a large amount of tea items after his retirement. They filled an entire van! Having seen what he donated was of such importance and high quality we decided to create the Collection."



www.teahistory.co.uk

Denys continues "My family were in tea for over 35 years and it was a major part of my life. As people in the industry get older my aim is to 'preserve the history of tea' with this collection. With my son Charles involved this will keep the collection safe for many years to come." Donations of items are welcome. Viewing is by appointment only.



Biscuitology - which is the best biscuit to match your tea?

Well-known as a nation of tea lovers, the Brits are also massive fans of biscuits according to a survey [1] for the UK Tea and Infusions Association (UKTIA; www.tea.co.uk). The real-world research poll found that more than half (55%) have a sweet or savoury biscuit with their tea. Indeed, a third admit to snacking on several biscuits at a time! Just 14% of Brits never eat anything with their tea.

Dr Sharon Hall, Chief Executive of the UKTIA, says: "While sweet biscuits are the go-to snack for more than four in 10 tea drinkers, other popular options are savoury biscuits, a piece of cake, or a sandwich. Just over one in 10 (14%) enjoys their cuppa with lunch or evening meal. A healthy one in 20 (5%) have a piece of fruit, while samosas or granola bars are popular amongst younger tea drinkers aged 18-29 years."

[1] Survey of 1000 UK employed tea drinkers, March 2022, conducted by independent polling company, Perspectus Global.



“However, it’s worth knowing that the delicate flavour of some teas can get easily overwhelmed by buttery or chocolatey biscuits, so there is definitely a science to choosing the right biscuit for your cuppa. Whether you prefer a mug of regular builder’s tea or enjoy a refined cup of Earl Grey, there’s a biscuit pairing for you”.

And, while the calories in our snacks can easily add up, people are confused about whether tea itself contains calories. According to the UKTIA survey, more than seven in 10 incorrectly said that tea without milk or sugar provides 1 to 150 calories, with most plumping for the 1-50 range.

Dr Sharon Hall adds: “It’s good to know that black, green and herbal teas are all naturally calorie-free. We know from our survey that most people (67%) add a splash of dairy or plant milk to their tea – which would deliver only around 15 calories, making tea a healthy option for those trying to watch their weight. Sugar is a different matter and can add 16 calories for each teaspoon. Just under a third of people in our survey said they take sugar in their tea.”

So, from a flavour perspective, which type of biscuit goes best with which tea?

Dr Sharon Hall offers SEVEN delicious pairings:

Regular black tea

For the traditional British cuppa, taken with or without milk, Dr Hall recommends a chocolate digestive. “Pairing up the nation’s favourite tea with their favourite biscuit make sense. Both are comforting and a good excuse to take 10 minutes out of the day.”

Earl Grey

The citrus flavour of the Bergamot oil used to make this historic tea goes beautifully with the orange tang of a Jaffa Cake. Dr Hall says: “While the debate about whether a Jaffa is really a biscuit or a cake continues, there’s no doubt that this pairing will delight your taste buds.”

Green tea

Dr Hall advises: “The clean, grassy – and often sweet – notes of green tea can get overpowered by buttery or chocolatey biscuits so choose something fruity instead, like a fig roll or Garibaldi biscuit”.





Chamomile

“This soothing bedtime brew – with flavours of apple, vanilla and honey – can be paired with a familiar, childhood favourite, such as a malted milk biscuit”, says Dr Hall.

Peppermint

“Mint and chocolate pairings go really well in other food combinations” notes Dr Hall, “which is why an Oreo cookie is a tasty pairing for a refreshing cup of peppermint tea”.

Red bush (Rooibos)

More people are opting for a caffeine-free red bush brew at night. Dr Hall suggests: “For those who fancy a nibble with it, the oats and syrup flavour of a hob nob complements the nutty, woody notes of rooibos.”

Liquorice

“Putting a traditional slice of buttery shortbread with a cup of liquorice tea may seem unusual but it’s worth the experience”, says Dr Hall. “Liquorice makes an aromatic brew and is vibrant enough to cut through the sugary-sweetness of shortbread”.

GUEST EDITORIAL

The plant compounds scientists have discovered are essential for health and how to get them into your diet



By Dr Tim Bond
Tea Advisory Panel (TAP)

We know instinctively that apples, pears, berries, nuts, and regular tea are all healthy options. Now scientists have pinpointed that the key ingredient across all of these is flavan-3-ols, a group of plant polyphenols. And they've come up with the magic number of how much we should be consuming – 400 to 600 mg a day [1]. Read on to find out more.

We are used to seeing daily dietary targets for fat, sugars, vitamins, and fibre but, until now, polyphenols have been ignored by public health experts. This is because recommendations are traditionally developed from studies on deficiency, not how much we need for optimal health.

However, following more than a year spent reviewing hundreds of studies, a group of internationally recognised scientists from the US Academy of Nutrition and Dietetics has published the first dietary recommendation for flavan-3-ols, a group of polyphenols abundant in tea, as well as other specific plants. Writing in the journal, *Advances in Nutrition*, the scientists found important links between particular intakes of flavan-3-ols and a reduction in the risk for some of the most widespread and serious chronic health complaints of our time.

[1] Crowe-White K et al. (2022). Flavan-3-ols and Cardiometabolic Health: First Ever Dietary Bioactive Guideline. <https://academic.oup.com/advances/advance-article/doi/10.1093/advances/nmac105/6747118#378435967>



New dietary recommendation is 'a first'

In fact this is the first time in years that a so-called 'non-nutrient' is being recommended. What's more, the recommendation has the goal of actually improving our health as opposed to simply keeping deficiency at bay, with the best part being that we can achieve this target simply by enjoying a few cups of tea.

But what are flavan-3-ols? What are the benefits of including them? And how much tea and other plants do we need to consume each day to get the recommended amount?

What are Flavan-3-ols?

Flavan-3-ols sit within the polyphenol family tree. Polyphenols occur naturally in plants, with fruits, vegetables, legumes, and cereals being the richest sources.[1] They have been shown to confer a range of potential human health benefits, including protecting against type 2 diabetes, inflammation, heart disease, obesity, cancer, and digestive problems. The plants themselves also benefit from their own polyphenols, which protect them against UV radiation and ward off invading pathogens. Polyphenols can also affect how a plant tastes, as well as its colour and smell.

At the top of the polyphenol family tree sits two main subcategories: flavonoids and tannins. Flavan-3-ols are a further grouping within the flavonoids category, along with isoflavones, flavonols, flavanones, flavones, and anthocyanidins.

Flavan-3-ols are not classed as a nutrient, but a 'plant bioactive'. This simply means that they are substances that can have positive health effects on living organisms, such as humans.

The richest source by far of flavan-3-ols is tea - both black, our traditional cuppa, and green tea - followed by berries and nuts, and pome fruits (including apples, pears, and quince) [2]. So, the good news is that it's easy (and delicious) to include them in our daily diet.

The scientists behind the latest research into this plant-sourced powerhouse have set the recommended daily amount of flavan-3-ols at 400 to 600 milligrams a day.

[1] Zin C et al. (2022). Effects of Fruit and Vegetable Polyphenols on the Glycemic Control and Metabolic Parameters in Type 2 Diabetes Mellitus: A Review. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9585403/>

[2] Ottaviani, J. I. et al. (2020). Biomarker-estimated flavan-3-ol intake is associated with lower blood pressure in cross-sectional analysis in EPIC Norfolk. <https://www.nature.com/articles/s41598-020-74863-7>

Why are Flavan-3-ols vital for health?

Explaining how they arrived at the recommended amount, study author Dr Dragan Milenkovic says: "The Expert Panel found moderate evidence supporting cardiometabolic protection resulting from flavan-3-ol intake such that we are proposing the first dietary recommendation for a bioactive compound. The recommendation of 400–600 mg per day for flavan-3-ols to improve cardiometabolic health is based on beneficial effects observed across a range of disease biomarkers and endpoints."



According to a study published in the Journal of Cardiovascular Pharmacology [1], flavonoids improve the performance of blood vessels – called 'endothelial function' – which helps to control blood pressure. By this action, flavonoid-rich foods such as tea, berries and apples can help to support cardiovascular health.

Tea, with its rich flavonoid content, is therefore an important part of an optimal diet, particularly for heart health. It also provides healthy hydration.

As far back as 2008, researchers were looking into the potential health benefits of flavan-3-ols. For example, one study published in Molecular Nutrition and Food Research explored the antioxidant, anticancer, heart protective, antibacterial, antiviral, and brain protective qualities of this polyphenol subclass [2]

[1] Yamagata K. & Yamori Y (2020) Inhibition of endothelial dysfunction by dietary flavonoids and preventive effects against cardiovascular disease. <https://pubmed.ncbi.nlm.nih.gov/31613843/>

[2] Aron P & Kennedy JA (2008) Flavan-3-ols: Nature, occurrence, and biological activity. <https://doi.org/10.1002/mnfr.200700137>



People can sometimes overlook the true power of polyphenols such as flavan-3-ols by describing them, perhaps too simplistically, as 'antioxidants'. However, mounting research continues to show the benefits of consuming natural flavan-3-ols when it comes to reducing our risk of diet-related diseases, including heart disease, stroke, and type 2 diabetes. With protective effects including but not limited to their positive impact on blood pressure, blood flow and inflammation levels, flavan-3-ols may also help to protect our cells against age-related wear and tear.

A recent review included 23 systematic reviews on the association between tea intake and cardiovascular disease [1]. The authors concluded that regularly enjoying two cups of unsweetened tea a day may decrease cardiovascular disease risk and progression because of the flavonoids in tea.

One of the key mechanisms behind the health-promoting effects of tea flavonoids relates to how they interact with the gut bacteria, according to a study published in *Critical Reviews in Food Science and Nutrition* [2]. The authors highlight the anti-inflammatory properties of tea flavonoids in lessening the effects of metabolic syndrome (a condition characterised by pre-diabetes, high blood pressure and excess body fat).

[1] Keller A & Wallace TC (2021) Tea intake and cardiovascular disease: an umbrella review. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8366653/>

[2] Jiang S et al. (2021) Updates on the chemistry, processing characteristics, and utilization of tea flavonoids in last two decades (2001-2021). <https://www.tandfonline.com/doi/full/10.1080/10408398.2021.2007353>



Another recent study in *Frontiers in Endocrinology* explored the anti-inflammatory, antioxidant, and anti-cancer properties of flavonoids, and their supporting role in stimulating bone formation [1]. The authors concluded that flavonoids in plants such as tea, fruits, and vegetables could turn out to be promising substances for treating bone health issues in the future. A recent study published in *Neurology* even concluded that people with Parkinson's disease, who consume higher levels of flavonoids, particularly flavan-3-ols and anthocyanins, reduce their risk of dying. [2]

[1] Ramesh, P. et al. (2021). **Flavonoids: Classification, Function, and Molecular Mechanisms Involved in Bone Remodelling.**
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8649804/>

[2] Zhang, X. et al. (2022). **Intake of Flavonoids and Flavonoid-Rich Foods and Mortality Risk Among Individuals With Parkinson Disease: A Prospective Cohort Study.**
<https://pubmed.ncbi.nlm.nih.gov/35082171/>

New diet target



For decades, our health authorities, such as the NHS and UKHSA (formerly Public Health England), have been educating the population on how much of each essential nutrient, including vitamins and minerals, we need to take in to prevent deficiencies. Indeed, the 5 A Day campaign to encourage higher fruit and vegetable consumption dates back to 2003. However, apart from fibre, 'non-nutrients' like flavan-3-ols have not featured on the list of dietary dos and don'ts.

When we refer to 'essential nutrients', we are talking about the vitamins and minerals that humans need in adequate amounts to prevent deficiency and keep us alive. An example is vitamin C, which helps us maintain a healthy immune system, prevent oxidative stress, and build collagen for connective tissue. If we don't consume enough vitamin C in the diet, we can develop the deficiency disease, scurvy.

What is really exciting about the new dietary recommendation for flavan-3-ols is that scientists are recommending a substance that, while not essential for our survival, could be considered essential for optimising our health and wellbeing.

Building on the wide body of research on the subject, the recent study published in *Advances in Nutrition* reports that consuming flavan-3-ols at the recommended daily amount of 400 to 600 milligrams could reduce cardiovascular disease and type 2 diabetes risk, and can be found in approximately 3-4 cups of tea a day. The researchers also found that taking in more flavan-3-ols in the diet could help to regulate blood pressure, cholesterol levels, and blood sugar.

It's important to note that this new study provides us with a guideline intake from food sources and not necessarily from supplements. As Dr Dragan Milenkovic explains: "Among the general adult population, we suggest increasing consumption of nutrient-dense foods rich in flavan-3-ols and low (or absent) in added sugars, including but not limited to tea, apples, berries and cocoa."



Last word....

Scientific research has once again concluded that consuming tea may improve our health in a range of ways, including helping to prevent heart disease and type 2 diabetes. This study is significant because it's the first time that a plant bioactive rather than a nutrient is being added to the daily intake recommendations. Additionally, flavan-3-ols are being recommended to improve our health and wellbeing rather than just targeting deficiency. With natural dietary sources being prioritised over supplements, there's even more reason to put on the kettle.



Dr Tim Bond, BSc Hons, PhD, is a natural health chemist, tea expert and an advisor to the Tea Advisory Panel. He has more than 18 years experience in tea, from lab-based analysis to factory production.

Check out: www.teaadvisorypanel.com

Training and Masterclasses

Want to learn more about tea and herbals. Try one of these classes

UK

The UK Tea Academy provides online certified courses followed as either self-study or led by expert tutors in a series of live webinars. Three levels of certification are available: Tea Champion (intro) Tea Sommelier (intermediate) and Tea Diploma (advanced). The Tea Champion qualification is also available in other languages with our international trainers. The UKTA also hosts a regular variety of lively, interactive and informative online events.

See more here www.ukteaacademy.co.uk/

CANADA

A TEA SOMMELIER is a trained and knowledgeable tea professional who has successfully completed the eight modules in the TAC TEA SOMMELIER TM/SM course at a college or online, and passed the Tea and Herbal Association of Canada certification examination. See more here www.teasommelier.com/

USA

The Specialty Tea Institute (STI) is the educational division of the Tea Association of the U.S.A., Inc. and the leader in the education of tea professionals. STI created the USA's first standardized and accredited tea education curriculum. Their Certified Training Programs, Levels I, II, III and IV, are held in conjunction with various food and beverage conferences throughout the country. Find more here <http://stitea.org/>

HAPPY

Holidays



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