

The Daily Tea

~ You used to know us as Tea Magazine ~



Health Benefits of Matcha Green Tea

0 PRESENTED BY The Matcha of Aiya
By Aiya on October 1, 2014 · Wellness



5 reasons to add this superfood to your daily routine

Matcha is known to deliver more healthful elements than any other form of green tea. Credited with benefits that range from aiding weight loss and building muscle to cancer prevention and reducing cholesterol, this superfood is one of the most potent nutritionals available today.

What makes matcha such a standout? The leaves used in this premium tea are cultivated in shaded areas, increasing their chlorophyll content and producing a rich source of antioxidants. But unlike other types of tea that are steeped in bags, matcha is a finely milled powder made from the whole leaf and dissolved in water to release the full health properties of the leaves. In fact, one cup of matcha has as many antioxidants as 10 cups of regular green tea!

Here's a quick rundown on the top benefits of this powerful health drink:

1. Burn Calories and Lose Weight Faster

Drinking matcha green tea is thought to increase metabolism and help burn fat more efficiently when combined with exercise. Drink a cup of matcha before a workout to boost your fitness routine.

2. Reduce Cholesterol

The catechins in matcha have been shown to lower serum total cholesterol and LDL concentrations in people who make it a part of their regular diet.

3. Increase Energy & Lower Stress

Matcha is loaded with L-theanine, an amino acid known to increase the alpha wave activity in the brain and increase production of two mood-enhancing chemicals- dopamine and serotonin. In addition to promoting relaxation and relieving stress, the L-theanine actually works in concert with matcha's caffeine content to sharpen brain activity without nervous energy.

4. Detoxify

The high level of chlorophyll in the tea leaves makes matcha an incredible detoxifier, capable of removing heavy metals and chemicals that may be trapped in the body.

5. Reduce Risk of Cancer

EGCg, which makes up nearly 60% of the catechins in matcha, is widely recognized for its cancer-fighting qualities. In fact, matcha contains substantially more EGCg than many other types of tea.

Matcha green tea is an amazing gift of nature. Click on the image below to see our downloadable infographic on the incredible health benefits of Matcha green tea.

Matcha and Green Tea Bag Nutritional Comparison

A comparison of the amount of each nutrient in one cup of green tea prepared using a bag, with that of one serving of matcha. Included is a short explanation of why each nutrient is important.

 Green Tea Bag

 Matcha

Presented by 

Comparing one serving of Tea Bag Sencha and Matcha
 3g Sencha Tea bag with 240ml (8oz) hot water
 2g Matcha with 302 hot water

Source: Standard Tables of Food Composition: Japan Fourth and Fifth Revised and Expanded Edition
 Aiya America Nutritional Analysis: Ceremonial Matcha
 (Eco Pro research, Brunswick Lab, Covance Lab)

Catechines	Flavonols found to be helpful in reduction of body fat and LDL Cholesterol, as well as protecting the blood vessels, leading to a decreased risk of heart attacks.	 188.8 mg	 242 mg	1.3x more!
L-Theanine	An amino acid found to be useful in stress-reduction. It has also shown success in lowering blood lipids, and increasing the effectiveness of anti-tumor drugs.	 9 mg	 39 mg	4.3x more!
Protein	Bones, muscles, cartilage, skin & blood all need protein for their generation. It is a macronutrient that is required for sustainability of life.	 3.35 mg	 578 mg	172.5x more!
Total Fiber	Fiber helps to control blood sugar, lowers the risk of heart attack & stroke, can enhance weight loss, improves skin health, and aids in digestion and kidney health.	 Less than 0.01 mg	 0.34 mg	34x more!
Calcium	Important to bone strength, as well as in new bone growth, helping to prevent osteoporosis. As the body ages, more calcium is needed to maintain bone health.	 Less than 0.05 mg	 6.5 mg	130x more!
Iron	Transports oxygen through the body. Without the necessary amount of oxygen, the body cannot produce adequate red blood cells, which can result in anemia.	 Less than 0.01 mg	 0.34 mg	34x more!
Caffeine	Caffeine boosts memory & alertness, wards off Alzheimer's, can ease depression, may protect against cataracts, and can relieve post-workout pain.	 31.8 mg	 68 mg	2.1x more!
Potassium	Potassium is an extremely important nutrient, since it signals the heart to beat. It is crucial to muscle, nerve & kidney health.	 0.45 mg	 42.3 mg	94x more!
Vitamin C	Protects against immune system issues and cardiovascular disease, is important for skin & eye health, and can prevent prenatal health problems.	 0.1 mg	 3.2 mg	32x more!

#TheDailyTea



Did you know?

There are two major regions where matcha is produced – Uji of Kyoto, and Nishio, in the Aichi-prefecture, Japan.

Health Benefits of Matcha Green Tea presented by

