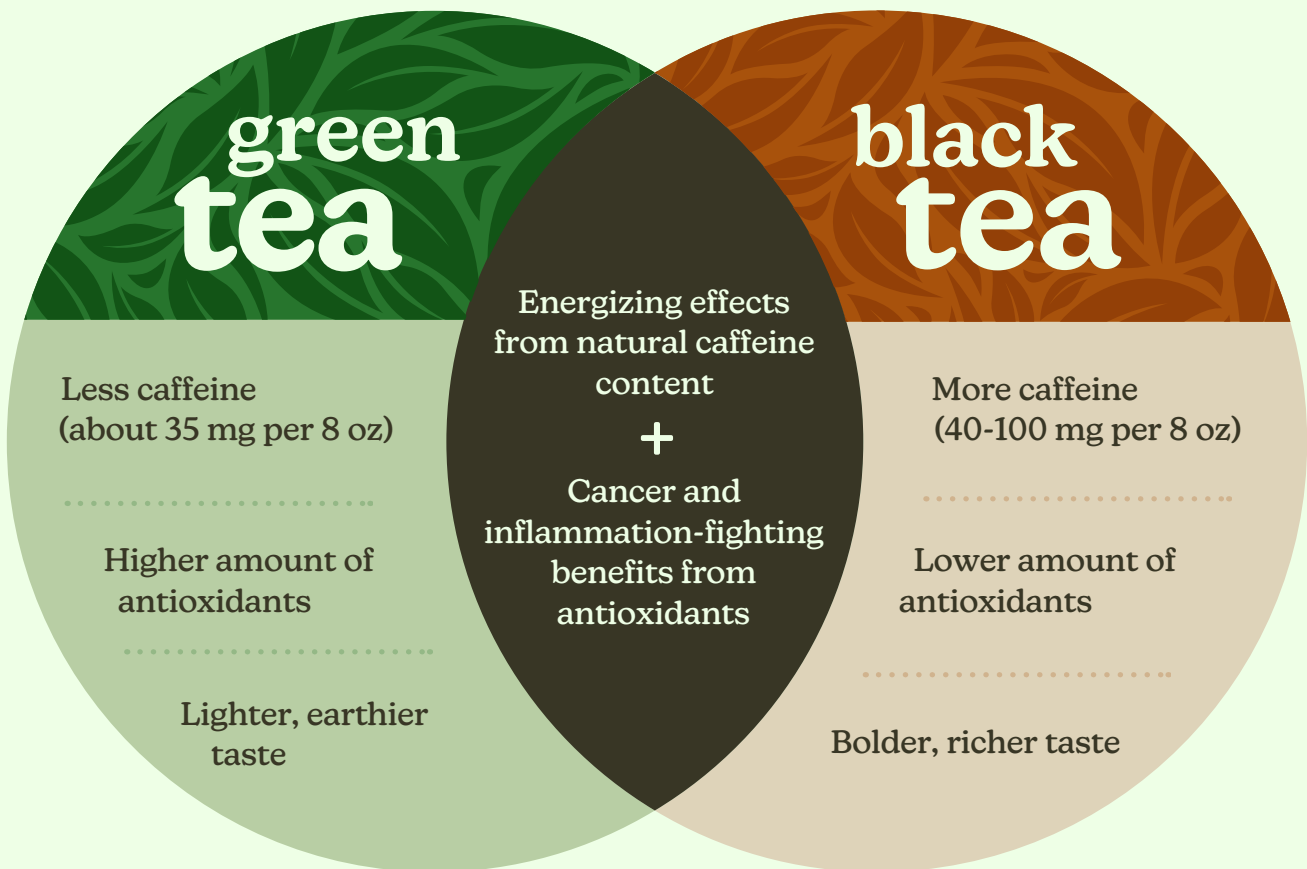


# green tea vs. black tea

is one better for you than the other?

**With a global market worth \$14 billion, tea is one of the world's most popular beverages.** People from cultures far and wide enjoy its pleasant taste, stimulating effects and long-term health benefits. But between the “big two” types of tea—black or green—which is the most beneficial? Use this quick breakdown to help you decide.



## The winner? It depends.

Black tea has more caffeine than green tea, but it's also lower in antioxidants that help fight cancer, heart disease and inflammation. As such, it's fair to say that being a dedicated green tea drinker may benefit you slightly more in the long run, whereas black tea is better for a quick pick-me-up now and then.

Still, overall, both teas are healthy beverages with plenty of benefits to complement their unique flavor profiles. If you can't stand the way green tea tastes, you'll still get plenty of benefits from black tea and vice versa. You really can't go wrong in either case—so long as you refrain from loading down your tea with sugar and other unhealthy additives.