

WARM UP

6 types of tea and
their nutrition facts

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While tea is always “in season,” with temperatures dropping, we’re entering the time of year when this hot beverage is all the more welcome. Below are six categories of tea and some nutrition fun facts about each.



Herbal Tea

There’s a vast variety of herbal teas, but what they all have in common is that they’re made by soaking a variety of leaves, flowers, or spices (unlike green, black, white, and oolong tea, which come from the tea plant itself). Most don’t contain caffeine, making them a good option for those who may be sensitive to caffeine or want to limit their intake. (For examples of herbal teas and their benefits, stay tuned for a future Tidbits.)



Green Tea

Green tea is made from a plant called *Camellia sinensis*, which is also used for preparing black and oolong teas. The leaves and buds of the plant are fried and dried before they’re cooked as a tea. Polyphenols are thought to be the main compound behind the many health benefits of green tea. Studies have shown that green tea helps improve cognitive function, decrease risk of certain cancers and heart disease, promote anti-aging effects, and manage blood sugar—and the list goes on. Additional vitamins and minerals found in green tea include calcium, iron, and potassium. It is important to note that green tea contains caffeine as well.



Matcha Tea

In this type of green tea, the leaves are transformed into a powder that is more potent than regular green tea. Matcha tea is described as sweeter and with a creamier mouthfeel than regular green tea. Studies suggest that the antioxidants of matcha tea may be even stronger than traditional loose-leaf green tea, though the evidence needs further clarification.



Black Tea

Black tea, like green tea, is also made from the *Camellia sinensis* plant, but in this case the leaves are fermented too. The fermentation process results in a darker color of the tea and a deep earthy flavor, as well as the conversion of the antioxidant catechin (found in green tea) to the antioxidant theaflavin (found in black tea). Black tea also contains the highest amount of caffeine of all tea varieties (though only around a third of the amount of caffeine as coffee). While the antioxidants of green tea may be more potent, studies indicate that the health benefits of black and green teas may be similar. Minerals found in black tea include potassium, magnesium, and phosphorus.



Oolong Tea

While similar to black tea, black tea is fully fermented while oolong tea comes from leaves that are only partially fermented. This results in a lighter color and a different aroma. Interestingly, some research suggests that nutrients in oolong tea have a higher antioxidant effect than both black and green teas. Like green and black tea, oolong tea has been shown to have health benefits, including increased heart health and cognitive function. An additional benefit of oolong tea is its fluoride content, which may help with oral health, and it is also a great source of potassium, magnesium, niacin, and manganese.



Iced tea

If you prefer a cold drink, have no fear; the above varieties of teas may all be enjoyed cooled and iced as well. Drinking unsweetened tea is a great way to stay hydrated, and you can always sweeten it (mindfully!) with a sweetener of your choice.

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Mother's Milk May Benefit Infant's Microbiome

Mother's milk offers many benefits to her infant. According to the Centers for Disease Control and Prevention, nursing can particularly help protect babies against some diseases and illnesses, such as asthma, obesity, type 1 diabetes and sudden infant death syndrome. Additional benefits include decreased likelihood of ear infections and stomach bugs. A recent study published in *Frontiers in Microbiology* investigated the correlation between mother's milk and the development of the gut microbiota of infants, which impacts most significant bodily functions.

There were 23 mother-infant sets enrolled in the study, with milk samples and infant fecal samples collected. The results suggested that the multiple components of mother's milk were positively correlated with multiple microbiota within the infant's microbiome. This study therefore suggests that the proteins found within mother's milk can positively affect certain gut microbes in infants, and therefore positively influence early immune and metabolic function.

Some Sugars Associated with Higher Risk of Coronary Heart Disease

A recent study published in the *American Journal of Clinical Nutrition* analyzed sugar consumption and its effect on risk for coronary heart disease. According to the National Institutes of Health, coronary heart disease (CHD) is a “type of heart disease where the arteries of the heart cannot deliver enough oxygen-rich blood to the heart.” This common heart condition is often caused by cholesterol plaque deposits in the arteries, in addition to a state of inflammation in the body, often caused by sugar.

Since there are different types of sugars, there has been some confusion by the public as to which ones may be harmful for the heart. This study aimed to discover which sugars are specifically associated with a higher risk of coronary heart disease. Researchers analyzed data from 28,878 men enrolled in the Health Professionals Follow-Up Study from 1986–2016, and 76,815 women enrolled in the Nurses’ Health Study from 1980–2020.

Over forty years, 9,723 cases of CHD were seen. Diet analysis showed that added sugars and fructose from juice were among the sugars that contributed toward the risk for CHD, while sugar from whole fruits and vegetables did not increase one’s risk for heart disease. It is therefore important to differentiate between added sugars and the natural sugars found in whole fruits and vegetables, and continue to emphasize the importance of consuming fruits and vegetables as a part of a heart-healthy diet. ♡



ROASTED GARLIC AND BUTTERNUT SQUASH SOUP

BY KOSHER.COM STAFF | YIELDS 6 SERVINGS

This is a delicious soup with incredible flavor from the roasted garlic and sweetness from an unusual source. Serve with Heaven & Earth’s veggie croutons, crunchy bites of healthy, completely plant-based flavor!

INGREDIENTS

- 1 medium butternut squash, peeled, seeded, and cut into chunks
- 3 tablespoons plus 1–2 teaspoons olive oil, divided
- 3–4 cups vegetable broth
- 2–3 tablespoons maple syrup
- 1 whole head of garlic
- 1 yellow onion, diced
- salt and black pepper, to taste
- Heaven & Earth Veggie croutons

DIRECTIONS

1. Preheat oven to 400°F.
2. Peel away most of the loose papery outer layers of the garlic, while still leaving the whole head intact. Trim about a quarter inch off the top of the head of garlic to expose the cloves. Drizzle with 1–2 teaspoons olive oil. Wrap garlic in aluminum foil and bake for 40 minutes. Some heads might need an extra 10 minutes or so, depending on their size.
3. While the garlic is roasting, prepare the soup. Heat remaining olive oil up in a large pot over medium heat. Add diced onion and cook until translucent, about five minutes. Add butternut squash and broth.
4. Bring the soup to a boil, then lower to a simmer. Cover and cook for 35–40 minutes, until the squash is very soft. When the garlic is ready, remove from oven and set aside to cool. When cool enough to handle, squeeze the roasted cloves into the pot. Blend until smooth.
5. Season to taste with salt and pepper. Add maple syrup and enjoy with Heaven & Earth’s veggie croutons!



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