Pennington Nutrition Series Healthier lives through education in nutrition and preventive medicine

Green Tea Metabolic Influences



Green Tea and Weight Loss

Recent studies have
suggested a role for
catechins in promoting
weight loss.
(-)epigallocatechin—3–
gallate, or EGCG, is the
most abundant and
commonly studied catechin
in green tea, accounting for
about 65% of its catechin
content.
One cup of green tea
contains 100—200 mg of
EGCG.

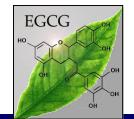
- Green tea is one of four types of tea (white, green, black, and oolong) that come from the plant *Ca-mellia sinensis.*
- The beneficial effects of green tea are attributed to polyphenols, particularly catechins, which make up 30% of the dry weight of green tea leaves.
- Green tea leaves contains more polyphenols because of differences in the processing of tea leaves after harvest.

How does green tea promote weight loss? Catechins influence intestinal and cell metabolism in several ways: Inhibiting intestinal lipases Decreasing fat absorption Increasing fat excretion Increasing uncoupling proteins Increasing thermogenesis Decreasing lipogenic enzymes Suppressing appetite

In Summary

Research on green tea and its components shows an impact on obesity and weight gain in both laboratory animals and human subjects. Green tea has an impact on food intake, body weight, and body fat, as well as on cholesterol, triglycerides, and glucose levels. With the high rates of overweight and obesity seen in the US, green tea could prove to be a valuable natural obesity prevention option.

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