



# Different types of tea and how they affect weight loss

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For reducing weight there is not a single magical strategy available. You can make changes to your diet and avoid unhealthy eating habits if you want to maintain or lose weight. For example, if we replace Mocha late with tea then alone it will reduce a couple of hundred calories from our diet. Tea drinking is associated with many health benefits. It reduces the risk of heart diseases, activates metabolism, and prevents diabetes. Tea is the second most consumed beverage in the world.

Millions of people around the world drink tea regularly. Many different varieties of tea exist and each type of tea contains unique healthy nutrients. Research has suggested that tea can help you reduce weight if you pair it with a balanced diet and exercise. Teas contain antioxidants called flavonoids that increase metabolism and help you metabolize fats quickly. Tea also gives you energy due to the presence of caffeine. Together caffeine and flavonoids help you in your weight loss journey. Once you have reached your weight goal then tea can also help you maintain that weight by keeping your metabolism active.

How does tea help in burning fats quickly?

Research has suggested that tea can help you metabolize fats quickly due presence of catechins which are powerful antioxidants. Teas especially contain 4 main types of catechins i.e. EC (epicatechin), ECG (epicatechin gallate), EGC (epigallocatechin), and EGCG (epigallocatechin gallate). Tea is especially hailed for its role in burning belly fat which is the most stubborn type of fat. Some teas work better than others. Below is a detailed account of the health benefits of different types of teas and their role in weight loss:

Green tea:

Whenever we search about tea drinking and weight loss, green tea is the first name that pops up on our screens, and for a good reason too. It consists of dried leaves that are crushed by hands and then packed inside small tea bags. Research has shown that chemical compounds present in green tea are ideal for weight loss. It is the most researched herbal concoction for reducing weight and has the most scientific data to back up its benefits.

For instance, a study conducted on 1200 Taiwanese men and women found that those who drank green tea for 10 years regularly had a lower body fat percentage as compared to non-

drinkers. In another study, it was found that people who drank green tea for 12 weeks had a significant decrease in body weight and waist -circumference as compared to the placebo group. A review of fourteen separate studies published in 2014 stated that green tea consumption in obese people was reduced by an average of 0.44 to 7.7 pounds more than in the placebo group.

These benefits of green tea are attributed to the presence of epigallocatechin which is a powerful antioxidant that metabolizes fat. Because green tea also contains caffeine so you must consume it early in the morning rather than at night so it does not affect your sleep cycle.

#### Black tea:

Black tea is a traditional Chinese beverage that is used to make iced tea. After harvesting the black tea leaves. They are placed in the open air to allow them to oxidize through a process called fermentation. This fermentation process changes the chemical composition of the compounds present in the tea leaves and also increases caffeine content. That's why black tea is the boldest type of tea available on the market.

Black tea does contain EGCG but the main type of polyphenols present in black tea are the flavones. These polyphenols also help in weight loss. One study suggested that people who drink three cups of black tea daily reduced their waist-line and gained less weight as compared to people who did not drink black tea. In another research published in 2017, scientists found that obese mice who were fed a high-fat diet along with black tea extract had less absorption of fats in their bodies. After 4 weeks their weight dropped to the level of obese mice that were fed a low-fat diet. Black tea also helps reduce weight by lowering the absorption of fats in the intestine. A study conducted on 4280 adults found that those who took more flavones through beverages or food had lower BMI as compared to less flavone intake.

#### Oolong tea:

Oolong tea is also made by drying the leaves in the hot sun but the drying process is less intense compared to black tea. So, it has a taste somewhere between green tea and black tea. As it lies between green and black tea so it contains nutrients that are present in both green and black tea. A study published in *Nutrients* found that oolong tea help increases fat metabolism in mice. Another study published in the same journal in 2020 indicated that participants who drank oolong tea after breakfast and lunch had increased post-meal fat metabolism. This fragrant and unique flavored drink reduces weight by increasing energy expenditure by 2.9%.

#### White tea:

Among different varieties of teas, white tea is the least processed one. It has a sweet, light, and delicate taste. Its antioxidant properties are similar to green tea. Studies have suggested that white tea may help prevent may help metabolizing existing fat cells and also prevent the formation of new ones. It also helps in preventing certain types of cancers. Test-tube studies suggest that white tea increases the breakdown of fat cells and prevents the formation of new fat cells. But keep in mind that these are only test-tube studies. More research is needed to confirm the benefits of white tea in losing weight.

#### Hibiscus tea:

This drink made from the Hibiscus leaves contains catechins like epigallocatechin gallate. Reviews of past studies have shown that hibiscus tea lowers blood pressure and cholesterol levels. Low cholesterol means less fat deposition in the body. In one study obese participants took Hibiscus tea extract for 12 weeks and it was found that they had a reduction in body weight, BMI, fat, and hip to waist ratio. Similar results were also observed in another study conducted on mice. One of the main advantages of Hibiscus tea is that it does not contain caffeine due to its natural origin. That's why it can be enjoyed at any time during the day or night or whenever you feel like drinking tea.

#### Puerh tea:

It is also a Chinese beverage just like black. Its taste enhances the longer it is stored. Animal studies have suggested that just like Hibiscus tea Puerh tea also reduces blood pressure and triglycerides. In one study 70 participants were given Puerh extract, those who took Puerh extract for 3 months lost 2.2 pounds more as compared to the placebo. Similar results were observed in another study conducted on animals that further confirmed the anti-obesity effect. Its weight loss properties are attributed to its ability to reduce excess sugar in the blood.

If excess sugar is present in the blood, then it triggers the body to store this unused -sugar in the form of fat. So, Puerh tea helps by eliminating this excess blood sugar and preventing it from being stored as fat. Puerh leaves are also fermented so they are beneficial for the gut microbiome. It not only aids in weight loss but also keeps your gut healthy. Still, more research is needed to make any recommendations.

#### Lemon tea:

Lemon tea is best for treating a bloated belly due to the presence of D-limonene in it. One animal study published in the European Journal of Pharmacology stated that lemon tea has a therapeutic effect on mice with diet-induced obesity. Lemon tea is known for its diuretic effect since old times. Human studies are still needed to confirm its role in weight loss.

#### Conclusion:

There is no magic elixir available that you can drink to reduce weight instantly. But some types of teas can help you give a helping hand towards achieving your goals. If you like to drink tea in the morning or at night then do that instead of drinking other beverages that contain a ton of sugar. Although the studies on the health benefits of tea are still limited and more research is needed still existing studies have proven that drinking tea can help you protect from certain diseases like diabetes, cancers, and heart diseases.

If drinking tea is paired with calorie control and regular physical activity. Then some teas can even reduce fat cell formation and metabolize the existing ones. Keep in mind that if one type of tea is working for someone then it is not necessary that it will work for you too.

We here at the HealthCodes DNA will help you understand your unique genetic makeup because the effect that different weight loss plans will have on you depends on your genetic makeup. Drinking tea with a custom diet plan according to your DNA will help you in your weight loss journey. Our DNA test kits will help you understand your genetic makeup. Before buying our products [click here](#) to learn more about them.