

# Salada Tea News

## Thank You Salada Tea Lovers

*Thank you for being such a loyal Salada Tea Drinker and making Salada Tea your tea of choice. Consumer feedback is a valuable factor in helping us produce*

*the best possible products and is greatly appreciated. Should you ever have any questions or comments, please call us at our toll free number 1-800-645-1190, or write to:*

*Salada Foods Division  
100 Northfield Dr.  
Windsor, CT 06095*

*Or Visit our website at [www.Salada.com](http://www.Salada.com)*

*Don't forget—when you visit our website, sign up to be a member of our Salada Tea Lover's Club. Not only will you get special offers, but you will be able to sample new product flavors before anyone else and be a member of our taste test panel, which assists in the selection of new products.*

**Warm up with a cup of Salada Tea**



**Visit Salada on Twitter and Facebook for more information on the health and wellness of green tea.**



## Savor the new flavors of a healthy lifestyle



Salada is always helping you find new ways to live a healthier lifestyle. And now, we're offering you four more. Introducing our delicious new flavors of green tea: **Classic Lemon**, **Pomegranate Berry**, **Soothing Mint** and **Strawberry**. Each offers the same amazing health benefits of traditional green tea, with loads of added flavor—and not a single added calorie.

## How do you go Green??

- Chandra from Beaverton, OR says "I make my own household cleaners with vinegar—it's also the best secret laundry "booster" around—add a cup of white vinegar to every load of wash; you'll be able to use less soap and your clothes will come out fresher and cleaner."
- Kris from Shelbyville, TN says "After enjoying a soothing cup of Salada tea, put the tea bag in a compost pile for your garden"

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## Tea May be able to help beat Depression



Nearly 19 million Americans or 10% of the population suffer from depression (women are twice as likely to suffer from depression as men). With proper treatment, symptoms can be alleviated in just a few weeks; however, a majority of depression sufferers never seek treatment . A recent study published in the American Journal of Clinical Nutrition, assessed more than 1,000 healthy

adults over the age of 70. Participants who drank four or more cups of green tea per day were 44 percent less likely to display symptoms of depression than those who drank one or less cups per day. Researchers believe that theanine, a calming amino acid present in tea, is the major factor in these results. You may have

read other studies on Salada.com that reference theanine, and its impact on your immune system, and stress. Though this study references green tea in particular, since all teas come from the same plant, all types do contain theanine.

Sources:

- 1 <http://healthrevelations.com>
- 2 [Allaboutdepression.com](http://Allaboutdepression.com)

### theGREEN SPOTLIGHT



**Tell Us How You Go Green and you could be the next lucky Green Spotlight Winner! Visit Unbottle Your Tea.com**

### We want you to not only “Go Green” but cook “Green”

That’s right, you do not have to have green tea as just a beverage (though we think it is the perfect thirst quencher), green tea is also an amazing ingredient and can be used as a substitute for water, or as a marinade

or seasoning. Share your recipe ideas with us! Visit our website, our Twitter page or our Facebook page and share recipes with use. Who knows, maybe yours will be added to our recipe box!

However, if you are going to have iced tea, don’t forget that freshly brewed tea is much better for you, the environment and your wallet than if you were to purchase a bottled iced teas.

## Oatmeal: Make Healthy Foods Even Healthier!

**Good:** Instead of using hot water, combine fresh brewed green tea with your oatmeal, and add even more health benefits to your morning.

**Better:** Instead of purchasing flavored packets of instant oatmeal, purchase a large container of oats (most

often the same price for many more servings), and combine Salada Chai Green Tea for a savory 0 calorie additive, or combine Salada Pomegranate Berry Green Tea for a refreshing fruit flavor!

**Best:** Not only swap your flavored instant oatmeal for freshly prepared oats with

green tea, enjoy a relaxing cup of hot tea, or a refreshing cup of Iced tea with your oatmeal.

**TIP:** To give your meals an added boost, you can also use green tea in place of water in any recipes or preparation, including pasta and rice.

