

Salada Tea News



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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:

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Visit our website at www.greentea.com. Check out the latest health news, tea history, what's new, brewing tips, our Salada store and new to the site, Ask Nadine!



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Did you Know???

- **India**, which produces about a third of the world's tea, is currently the market leader.
- Tea with a piece of lemon is considered English and tea with milk or cream is considered Russian.
- Tea breaks are a tradition that has been with us for approximately 200 years!

What's in my drink?

It's estimated 66% of Americans are overweight and fast food isn't the only culprit. As it turns out, what you drink can also add to your waistline. Although loaded beverages, such as an iced venti caramel macchiato, can be a delicious occasional splurge, when it comes to watching your weight those calories can add up quickly.

Now, if you cut 500 calories from your daily food intake, you'll be cutting 3500 calories per week! That's around one pound per

week cut out of your diet and around 52 pounds lost in one year!

So let's take a look at some of our favorite refreshers.

Tea and Coffee Drinks

- Snapple Peach Iced Tea (16-oz bottle) = 200 calories
- Arizona Lemon Iced Tea (20-oz bottle) = 225 calories



- Starbucks Mocha Frappuccino:
 - Tall (12-oz) = 200 calories
 - Grande (16-oz) = 260 calories
 - Venti (24-oz) = 380 calories
- Starbucks Caramel Macchiato = Grande (16-oz) = 270 calories
- Starbucks Chai Iced Tea Latte = Grande (16-oz) 260 calories
- Duncan Donuts, Coffee Coolata (16-oz w/2% milk) = 190 calories

Now let's look at your favorite Salada teas:

- Salada Green Tea (regular and decaf) = 0 calories
- Salada White Tea (reg/decaf/plum) = 0 calories
- Salada Antioxidant Tea (decaf/red/purple) = 0 calories

That's right, **NO CALORIES** and full of antioxidant goodness so go get some and be healthy!

Green Tea & Obesity

Green tea has become the latest weapon in the war on weight. Oprah is a recent enthusiast, vowing that she'd trade her coffee for green tea when Dr. Nicholas Perricone told her she could lose weight simply by making this substitution. But does it really work? The results of some new studies are promising, indicating that green tea can increase the rate of calorie burning, prevent excess weight gain and even reverse established obesity. And although most tests have been performed on laboratory animals, at least one with humans showed that taking in the equivalent of 3 cups of green tea per day helped the body burn a significant amount of additional calories.

Increased rate of fat burning - A 1999 study published in the *American Journal of Clinical Nutrition* looked at the effects of green tea extract on energy "burning" in humans.¹ Men who took daily doses of a green tea extract containing EGCG plus caffeine, in an amount equivalent to that found in about 3 cups of

green tea, burned about 80 more calories per day than those who didn't take the extract. (Taking the caffeine *without* the EGCG didn't have the same effect.) While burning an extra 80 calories per day may not seem like much, over the course of a year that adds up to 29,200 calories, or a little more than 8 pounds lost – without making any other changes!

Reversal of obesity - In a 2005 study published in the *Annals of Nutrition and Metabolism*, green tea extract actually helped to *reverse* established obesity. Rats were deliberately overfed to make them obese. But when the obese rats were given supplemental EGCG, the amount of fatty tissue on their bodies decreased markedly, reversing their obesity.³

What happens in the body to produce such fat-fighting results? Green tea's EGCG is believed to rev up the fat-burning effects of brown fat,⁴ a special kind of body fat that burns calories at a very high rate. In animal studies, green tea has been found to

help send glucose to muscle tissue where the glucose is more likely to be burned, rather than to fat tissue, where it's more likely to be stored.⁵ And in test-tube studies, green tea extract inhibited the action of fat-digesting enzymes,⁶ meaning the fat from foods may be less likely to be broken down and absorbed in the digestive tract.

- More research is needed before we can say that green tea definitely helps you lose weight, but it certainly looks like a good bet!



*Nadine Taylor, M.S., R.D, a Registered Dietician and expert on tea. In order to provide you with the best tea and health information, Nadine will be available to answer any questions you have and is reachable through the Salada website. www.greentea.com

Downeast Maine Pumpkin Bread

This recipe is based on an *Allrecipes.com* Cookbook recipe submitted by Laurie Bennett.

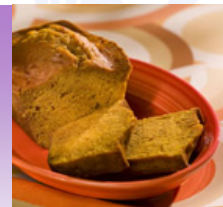
"This is a great old Maine recipe, moist and spicy. The bread actually tastes even better the day after it is baked!"

INGREDIENTS

- 1 (15 ounce) can pumpkin puree
- 3egg whites + 1 whole egg
- 1/2 cup natural unsweetened applesauce
- 2/3 cup Salada Green or White Tea
- 2 1/4 cups sugar
- 3 1/2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 1/4 teaspoons salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/4 teaspoon ground ginger

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 7x3 inch loaf pans.
2. In a large bowl, mix together pumpkin puree, eggs, applesauce, tea and sugar until well blended. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans.
3. Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean.



NUTRITION INFORMATION

Servings Per Recipe: 24

Amount Per Serving

Calories: 152.30

- **Total Fat:** 5.94g
- **Cholesterol:** 20mg
- **Sodium:** 175mg
- **Total Carbs:** 23.4g
- **Dietary Fiber:** 0.6g
- **Protein:** 1.8g