



Salada®



**Redco Foods, Inc.**

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## Tea Fact Sheet

Currently, tea is the second-most commonly consumed beverage in the world next to water and can be found in nearly 80 percent of all U.S. households. Tea is a refreshing beverage that contains no sugar or sodium, is virtually calorie-free, helps maintain proper fluid balance and may even contribute to overall good health.

### U.S. Consumption

- Approximately one-half of all Americans drink tea
- On any given day over 127 million Americans drink tea
- In 2007, Americans drank over 55 billion gallons of tea
- Approximately 85 percent of tea consumed in the U.S. is iced
- 82 percent of tea consumed in the U.S. in 2007 was black, 17 percent was green and the remaining percentage was oolong and white teas
- The highest concentration of tea drinkers reside in the South and Northeast regions
- In 2007, over 65 percent of the tea brewed in the U.S. was prepared using tea bags
- 2007 was the 16th consecutive year that consumer purchases of tea increased. Retail supermarket sales alone surpassed the \$1.95 billion dollar mark

### Varieties

- All varieties of tea come from leaves of the Camellia Sinensis plant.
- Differences among the four types of tea result from the various degrees of processing and the level of oxidization:
  - Black: oxidized for up to four hours
  - Oolong: oxidized for two to three hours
  - Green and White: no oxidation. Leaves are steamed and appear similar to natural leaves from the tea bush

### About Green Tea

- Almost all of the world's green tea is produced in either China or Japan. China alone produces almost 90 percent of the world's green tea
- Much of the tea dumped into the Boston harbor during the Boston Tea Party was, in fact, green tea
- Green tea remains the most popular tea in Asian countries such as China and Japan. Up until the eighteenth century, green tea was also the most popular form of tea in Britain as well

### Green Tea and Health

- Green tea has more anti-oxidant protection than even Vitamin A or C.
- Green tea contains anti-oxidants that fight free-radicals in the body which studies have shown can help with a host of medical issues

- Green tea can enhance the prevention of LDL cholesterol buildup, or what has become known as "bad cholesterol," reducing the risk of heart disease and stroke
- Studies have shown that green tea may help control blood sugar levels and prevent the incidence of diabetes.
- A study has concluded that green tea may be useful in the treatment and prevention of rheumatoid arthritis.
- Researchers found that among 1,900 individuals who had suffered heart attacks, those who drank 19 or more cups a week reduced their risks of dying over the next three to four years by 44 percent compared to that of non-tea drinkers.
- Tea contains fluoride and flavanoids, both of which may enhance bone strength.

### **About Salada**

Salada offers 15 different varieties of green and white tea including the recently released family size teas in Green Tea and Green Tea Tropical Fruit. Salada sells its green, white and black tea bags at national food and discount retailers. Salada is manufactured by Little Falls, N.Y.-based Redco Foods, Inc., makers of Red Rose Tea and Junket Desserts. For more information, visit [www.salada.com](http://www.salada.com).

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