

Health Tip of the Month

Tempting Iced Tea

Tea is one of the world's most popular drinks.

A cup of tea has half the caffeine of a cup of coffee, and many teas have no caffeine at all.

Whether you like it hot or cold, there is a tea for everyone!

Store bought iced teas are expensive and contain more added sugar than most people realize. Make iced tea yourself from the many flavors found in most supermarkets.

Tea is the perfect alternative to sodas and sugary beverages.

Make homemade iced tea. It's easy! Just add your favorite tea to hot water. Usually one tea bag is used for every cup of hot water.

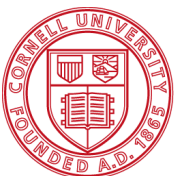


Let your tea “sit” or “steep” for 5 to 10 minutes. Then remove the tea bags and cool in the refrigerator or serve over ice for a refreshing cold drink.

Give it a twist

- Add lemon, limes or oranges for a tangy flavor
- Add peaches for a fruity flavor
- Add mint for an herbal flavor

Add little or no sugar to avoid unwanted calories without losing great taste!



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Worksite Wellness Initiative:

adapted from a health tip by
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