

# A New Look At Tea And Health

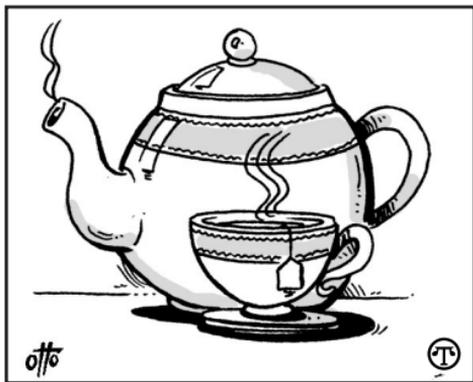
(NAPSA)—Most people try to lead healthy lifestyles, but it can be hard work!

Between crazy work schedules, driving the kids to-and-from practice and saving for college, few people realistically have the leisure time or extra money to go to the gym three times a week or shop for groceries at specialty health food stores.

Yet, keeping the family healthy remains a huge priority and there are simple ways to achieve this goal. From preparing balanced, low-fat meals, to climbing stairs at the mall instead of riding the escalator, everyone has a few easy tricks that add an extra boost of wellness to the daily routine.

Here's another valuable tip: drink more tea. Not only is it calorie-free, great tasting and about half the caffeine as a cup of coffee, but one serving of Lipton black or green tea contains about 190 mg of flavonoid antioxidants—compounds that are believed to fight free radicals in your body.

That's more flavonoid antioxidant activity than certain fruits and vegetables! Though, be sure to eat those five servings of fruits and veggies each day, because tea is not



**Tea is a simple way to be good to yourself.**

a substitute for their nutrients.

Additionally, scientists are eagerly investigating the relationship between tea consumption and the reduction of disease risks, such as heart disease and stroke. And, though there isn't definitive evidence of this relationship just yet, researchers are encouraged by preliminary findings.

Of course, you always could eat three eggplants while chanting "ohm" as you contort into the Downward Dog yoga position, but that doesn't sound very simple.

To learn more information about tea and health, visit the Lipton Tea Web site at [www.LiptonT.com](http://www.LiptonT.com).