



## The Benefits of Tea for Diabetes

Tea is a beloved beverage that can offer benefits for those living with diabetes. Read more about its health properties below.

### Key Health Benefits

- **Antioxidant Powerhouse:** Tea is rich in antioxidants, particularly polyphenols, which can help protect cells from damage caused by harmful free radicals.
- **Heart Health:** Regular tea consumption has been linked to reduced risk of heart disease by lowering cholesterol levels and improving blood vessel function.
- **Improved Brain Function:** Certain compounds in tea may enhance cognitive function, memory, and mood.
- **Weight Management:** Tea can boost metabolism and promote weight loss by increasing calorie burn and reducing appetite.
- **Lowered Risk of Chronic Diseases:** Tea has been associated with a reduced risk of various chronic diseases, including cancer and type 2 diabetes.

### Tea and Diabetes

While more research is needed, studies suggest that green tea may offer specific benefits for people with diabetes:

- **Blood Sugar Regulation:** Green tea may help regulate blood sugar levels by improving insulin sensitivity.
- **Reduced Risk of Type 2 Diabetes:** Regular consumption of green tea has been linked to a lower risk of developing type 2 diabetes.





## Tips for Enjoying Tea

- **Brew it Right:** Use high-quality loose leaf tea or tea bags and follow brewing instructions for optimal flavor and health benefits.
- **Experiment with Flavors:** Explore different tea varieties, from classic black tea to exotic herbal blends.
- **Drink it Hot or Cold:** Enjoy tea hot or iced, depending on your preference.
- **Limit Added Sugars:** Sweeten tea with zero calorie sweeteners like stevia to avoid excess calories and sugar spikes.

**We're committed to your health. Contact us today for more information.**

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The Advanced Diabetes Supply Group



### **Advanced Diabetes Supply**

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