Incorporate Iced Tea as Part of a Healthy Lifestyle

Iced tea is a form of cold tea. It can be sweetened or unsweetened, flavored or unflavored. It can be prepared by steeping tea leaves in water, cooled and usually served with ice. This form of iced tea is very popular and can be consumed as part of a healthy balanced diet.

Do You Know the Real Health Benefits of Tea?

Like hot tea, iced tea when made with the leaves of the *Camellia sinensis* plant, offers up the same cup of tea – only chilled!

- Tea can help increase fluid intake, as it has desirable flavor, which is often preferred over water.¹
- Drinking two to three cups of tea daily may help maintain normal, healthy heart function as part of a diet that is consistent with the Dietary Guidelines.
- Research suggests that drinking two to three cups per day of black or green tea helps maintain healthy blood vessel function.² ³ ⁴

- Flavonoids are dietary compounds found in tea, wine, cocoa, fruit and vegetables. They contribute significantly to taste and color, and possibly help maintain certain normal, healthy body functions.
- A diet rich in flavonoids is generally associated with helping maintain normal, healthy heart function.
- Tea is the major contributor of flavonoids in the diet – 65.4% of total flavonoids consumed by adults in the US are from tea.⁵ ⁶

There is a myth that caffeine, from various sources including tea, leads to dehydration due to its caffeine content. However, the level of caffeine in the amount of tea typically consumed has little or no diuretic effect.⁷ ⁸ ⁹ In fact, fluid in the iced tea contributes to hydration. A cup of tea typically contains half the caffeine found in a cup of brewed/filtered coffee.

Making Lipton® Iced Tea is easy as 1-2-3

A tall glass of iced tea on a hot day is not only refreshing but an excellent way for your clients to stay hydrated. Why not recommend this thirst-quenching drink?

1. Pour boiling water over tea bags and brew for 2 to 5 minutes based on prep instructions.
2. Remove bags. Sweeten to taste. Tip: try fresh lemon or orange slices.
3. Chill or add ice. Tip: For a hint of herb flavour, add a sprig of fresh mint, thyme or lemon verbena when brewing tea.

Iced Tea Recipes

Mega Mint Iced Tea

6 servings  Prep Time: 5 minutes  Brew Time: 5 minutes

4 cups water
2 Lipton® Iced Tea Brew Family Size Tea Bags
or 6 Lipton® Black Tea bags
1 cup loosely packed fresh mint leaves
2 cups ice water

Pour boiling water over Lipton® Iced Tea Brew Family Size Tea Bags and mint. Brew 5 minutes. Remove tea bags and mint. Stir in ice water and chill until ready to serve. Serve in ice-filled glasses and sweeten as desired.

Nutrition Information per serving: 5 Calories, 0g Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 10mg Sodium, 1g Carbohydrates, 0g Fiber, 0g Sugars, 0g Protein. %DV: 0% Vitamin A, 2% Vitamin C, 0% Calcium, 0% Iron

Citrus-Thyme Iced Tea

6 servings  Prep Time: 5 minutes  Brew Time: 5 minutes

4 cups boiling water
2 Lipton® Iced Tea Brew Family Size Tea Bags
or 6 Lipton® Black Tea bags
1 tsp. fresh thyme
1 cup orange juice
¾ cup water
2 Tbsp. lemon juice
2 Tbsp. lime juice

Pour 4 cups boiling water over Lipton® Iced Tea Brew Family Size Tea Bags and thyme. Brew 5 minutes. Remove tea bags and stir in remaining ingredients. Chill until ready to serve. Serve in ice-filled glasses and sweeten as desired.

Nutrition Information per serving: 25 Calories, 0g Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 10mg Sodium, 6g Carbohydrates, 0g Fiber, 4g Sugars, 0g Protein. %DV: 0% Vitamin A, 3% Vitamin C, 2% Calcium, 2% Iron

Basil Mojito Iced Tea

6 servings  Prep Time: 5 minutes  Brew Time: 5 minutes

4 cups water
2 Lipton® Iced Tea Brew Family Size Tea Bags
or 6 Lipton® Black Tea bags
¼ cup sugar
4 sprigs fresh basil leaves
¼ cup lime juice
2 cups chilled seltzer

Pour boiling water over Lipton® Iced Tea Brew Family Size Tea Bags. Brew 5 minutes. Remove tea bags and squeeze; cool 20 minutes.

Add sugar and basil into 2-quart pitcher and thoroughly crush with wooden spoon. Stir in brewed tea and lime juice. Chill until ready to serve. Just before serving, stir in seltzer. Pour into ice-filled glasses and sweeten as desired.

Nutrition Information per serving: 35 Calories, 0g Fat, 0g Saturated Fat, 0g Trans Fat, 0mg Cholesterol, 5mg Sodium, 9g Carbohydrates, 0g Fiber, 9g Sugars, 0g Protein. %DV: 0% Vitamin A, 6% Vitamin C, 0% Calcium, 0% Iron