

Cooling hot cuppa combats summer heat

This research was given to us by the [<>Tea Council UK<>](#)

Don't reach for the usual soft drink when the temperature rises - according to the latest research, you'd be better off putting the kettle on.

As summer approaches and the sun starts to shine, tea may not seem the obvious choice of refreshment, but amazingly it may be a better choice than traditional summer drinks. Evidence shows that not only does tea cool the body but it also helps with rehydration and its natural fluoride content is good for dental health. And, unlike soft drinks, it's low in calories!

Research carried out for the tea4health campaign found that tea raises the body temperature momentarily causing perspiration which cools the skin, refreshing the body in a way that cold drinks don't.

Cath MacDonald, nutritionist said: "Tea is the ultimate hot weather drink, even though we usually associate it with being cosy and warm. As well as the cooling effect it has, it can also help combat dehydration which can lead to feelings of fatigue and irritability. It has been enjoyed for its refreshing qualities by people living in hot climates, such as India, for centuries. "

"Whereas many sugary soft drinks can be high in calories and can be detrimental to dental health, black tea has no calories - milk only adds around 13 calories, and the natural fluoride tea contains is good for your teeth too."

Notes to editors

- The comprehensive study looking at the health benefits of tea was carried out earlier this year for the tea4health campaign, launching at the Royal Society of Medicine in January 2005. The study focused principally on hydration, antioxidants, fluoride and caffeine. As a nation, we drink 165 million cups of tea per day; however there was confusion amongst the public about the health benefits of the drink which led to the tea4health campaign which sets the record straight.