

Green tea and coffee, which is better?

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The answer is: both - green tea and coffee - are good drinks for your health.

In green coffee and tea contains different amounts of **caffeine** , filled with **antioxidants** , so they have some health benefits. Both are **safe** and **healthy** - except pregnant women - who may have to limit their intake of caffeine to less than 200 milligrams a day, according to the advice of school obstetricians. American college.



Although both green coffee and tea contain caffeine, the amount of caffeine in each cup is significantly higher. Typically, a cup of coffee contains 100-150mg of caffeine, while a cup of green tea contains only about 26mg.

1. Green coffee and tea are both beneficial to health

Green tea and coffee are both drinks that bring different **benefits** to our health.

Some evidence from Japan shows that **green tea** may **reduce the risk of death** by various causes (23% lower in women and 12% in men). Besides, it can also **prevent cardiovascular disease** (31% lower in women and 22% in men). In particular, the results are shown more clearly in **stroke** cases (42% lower in women and 35% in men).



Both green tea and coffee can help fight the development of **type 2 diabetes** very well, but it seems that coffee works better in this case. Research shows that people who drink coffee regularly have a 23-50% lower risk of diabetes than others.

In fact, there are conflicting evidence that green tea can fight **cancer** . Coffee can reduce the risk of **liver cancer** and **colorectal cancer** . Moreover, liver cancer is the third most deadly disease in the world, while colorectal cancer ranks fourth. That's a significant number!

Besides, green tea may **slow cognitive decline in the elderly** with a smaller dose, while coffee only shows the same effect when taking large amounts. Moreover, the total amount of caffeine absorbed into the body also seems to have a major effect on the prevention of **Parkinson's** disease (disease caused by degeneration of the nervous system: slow motion, stiffness, tremor and upsets equal) in men, reducing the risk of this disease by 32-60%.

In addition, green tea also lowers LDL cholesterol and raises HDL cholesterol. Therefore, people who drink green tea have a 31% lower risk of heart disease.

2. Metabolic rate and dental health

According to common knowledge, green tea is a **fat-burning** drink that can support **weight loss** . Some studies show that caffeine can accelerate 3 to 11% of the metabolic rate in the human body. Although the effect is just a small number, green tea is still an important *weapon* in losing weight. Green tea can help you kill **bacteria** and prevent viruses like the flu, potentially reducing the risk of **infection** . Therefore, green tea helps improve your breathing and dental health.



Besides, coffee makes people who drink coffee have " *coffee breath* ", but this can make some people feel quite uncomfortable. These are just the main points found during the study of green tea and coffee. However, the effectiveness of these two drinks has been studied more widely. If you have time and interest, you can find dozens of information about them by going to Google Scholar and typing in keywords like "coffee", "tea" or "green tea and coffee". .

Conclude

Both green tea and coffee contain caffeine, as well as a large amount of **antioxidants** and some minerals. The health benefits of both are due to the antioxidant effect, or by a substance called " *hormesis* ". It is important to know that **polyphenols** (micronutrients that help prevent degenerative diseases, especially cancer, cardiovascular disease) in green tea and coffee are "strange" substances for the body, and May cause an increase in the body's defense mechanism. Of course, hormesis is definitely not recommended for excessive use in the body. So pay attention when using them!

If you like green tea, keep drinking. If you like coffee, that's great. If you want to experience both things, it is best to drink each drink a bit. It is important to be careful when " *consuming* " a large amount. Remember that what is used too much is not good!

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