

Three cups of black tea each day could help reduce risk of diabetes

A new study has claimed that people who drink at least three cups of black tea each day could be lowering their risk of developing conditions such as diabetes and heart attacks.

It already believed that regularly drinking tea helps to prevent the blood from clotting and manages blood pressure.

However, this research, based on analysis of 40 research papers and published in the UK Nutrition Bulletin, found that three cups of tea per day could reduce the risk of heart attack by up to 60 per cent and substantially lower the chances of people getting type 2 diabetes.

The study, which assessed data potentially linking the consumption of black tea with disease prevention, revealed that tea helped to produce a significant protective association in the majority of cases.

Benefits come from a range of positive factors in black tea, including antioxidant flavonoids and theanine, which work to control levels of blood pressure and maintain the production of nitric oxide production and therefore the health of arteries, as well as inhibiting platelet aggregation, a main cause of blood clots.

Co-leader of the research, Carrie Ruxton, commented "Given the available evidence, regular black tea intake is linked with a reduced risk of cardiovascular disease and type 2 diabetes."

She added "Three to six cups of black tea a day appears to contribute to cardiovascular health."