

From green tea to hibiscus, from white tea to chamomile, teas are chock full of flavonoids and other healthy goodies.

[Julie Edgar](#)

WebMD Feature

Reviewed by [Louise Chang, MD](#)

Regarded for thousands of years in the East as a key to good health, happiness, and wisdom, tea has caught the attention of researchers in the West, who are discovering the many health benefits of different types of teas.

Studies have found that some teas may help with cancer, heart disease, and diabetes; encourage weight loss; lower cholesterol; and bring about mental alertness. Tea also appears to have antimicrobial qualities.

“There doesn’t seem to be a downside to tea,” says American Dietetic Association spokeswoman Katherine Tallmadge, MA, RD, LD. “I think it’s a great alternative to coffee drinking. First, tea has less caffeine. It’s pretty well established that the compounds in tea – their flavonoids – are good for the heart and may reduce cancer.”

Although a lot of questions remain about how long tea needs to be steeped for the most benefit, and how much you need to drink, nutritionists agree any tea is good tea. Still, they prefer brewed teas over bottled to avoid the extra calories and sweeteners.