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Coffee and tea benefits by Robert Duce

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There are low calories in tea and coffee. Even though they both have caffeine, both also offer health benefits when drank in control. Professionals have discounted several of the health hazards once credited to coffee, and they now consider that benefits of it prevail over the hazards, as said by Dr. Donald Hensrud of the Mayo Clinic. Tea, particularly green tea, has powerful antioxidants that help prevent sickness and ill health.

Coffee is very low in calories. A 6 oz. serving of coffee, prepared from grounds and prepared with tap water, has just 2 calories, according to the USDA National Nutrient Database. A 2 oz. serving of brewed espresso, as prepared in a cafÃ©, has just 1 calorie. Instant coffee has a little higher calorie count; however it's still very little. A 6 oz. serving of usual instant coffee, prepared with water, consists of 4 calories.

Nearly all varieties of tea listed in the USDA National Nutrient Database have 2 calories per 6 oz. serving. Those consist of tea prepared with tap water, chamomile and other herb teas, brewed and instant tea prepared from unsweetened powder. An 8 oz. serving of prepared instant tea, lemon-flavored as well as sweetened with sodium saccharin, has 5 calories, and an 8 oz. serving of prepared instant tea from powder, flavored with lemon and sweetened by sugar, consists of 88 calories.

Coffee benefits

The health benefits of coffee vary from helping defend against Parkinson's disease to lessening the possibility of suicide, according to Hensrud, who is a medical doctor of preventive and internal medicine at the Mayo Clinic. Additional specified benefits, when consumed within limits, consist of reduced asthma symptoms, a reduced risk of Alzheimer's disease, reduction of gallstone symptoms and protection against liver cancer.

Tea Benefits

Green tea has more health benefits than black one. According to The World's Healthiest Foods, website of the George Mateljan Foundation, green tea helps guard against different forms of cancer and adds to a lower risk of coronary heart disease, stroke, osteoporosis and bacterial and viral diseases. Green tea moreover serves as a blood-thinner and helps stop blood clots, lowers your possibility of gallstones and might help prevent Type 2 diabetes

Barista Lavazza was launched in February 2000 by Barista Coffee Company Limited, to re-establish the ambience and experience of the typical Italian environs Espresso Bars in India. Some of the offerings of barista are cappuccino, espresso, healthy tea, low calorie coffee, Green Tea mojito etc.

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Robert Duce write about that Barista - India's largest coffee house chain with a espresso bars, cappuccino, a low calorie coffee and cold coffee. For more details please visit http://www.barista.co.in

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