

Green Tea Promotes Weight Loss and Weight Management

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Green tea is a popular weight-loss supplement that also improves blood sugar regulation, influences fat cell turnover, and promotes weight loss and weight management. Green tea contains chemicals called catechins that increase metabolic rate and decrease appetite.



Researchers from Maastricht University in Holland pooled the results of 11 studies using a statistical technique called meta-analysis, and found that catechins and green tea promoted weight loss and weight maintenance. Catechins worked best when combined with caffeine.

Other studies found that the catechins in green tea helped decrease total abdominal fat, subcutaneous abdominal fat (under the skin) and blood triglycerides (blood fats). Green tea is an effective fat fighter that complements the effects of exercise. (International Journal of Obesity, 33: 956-961, 2009)