

HFG guide to teas

shopping

PRODUCT		TASTE COMMENTS
BLACK TEAS		
Chanui Nova (black tea) 50s, \$3.46		Lovely, balanced, full flavour – not too strong or weak.
Dilmah Earl Grey Tea 100s, \$7.80		A full-flavoured and fragrant Earl Grey tea.
GREEN TEAS		
Stassen Green Tea 25s, \$2.89		Nice mild flavour: mellow and savoury.
Dilmah Green Tea – Moroccan Mint 25s, \$3.35		Our tasters loved this aromatic mild-flavoured tea.
Twinings Green Tea – Orange & Mandarin 24s, \$4.69		For those who find green tea a little bitter, the addition of citrus could win you over.
HERBAL TEAS		
Red Seal Black Adder – Liquorice 25s, \$3.24		The intense liquorice aroma and flavour proved a winner, even with those who don't like to eat liquorice!
Healthieries Lemon & Lemongrass 20s, \$3.54		A subtle and warming blend.
Healthieries Be Gorgeous Tea – Peppermint 20s, \$3.99		Lovely after-dinner tea with subtle peppermint flavour.
Twinings Revive & Revitalise – Sweet Fennel 20s, \$4.40		A mild, sweet liquorice flavour; great for after dinner.
Twinings Cranberry, Raspberry & Elderflower 20s, \$4.40		A delicately scented berry tea.

how to choose

Whether you want to boost your antioxidants with the teas from the *Camellia sinensis* plant, boost your fluids with herbal teas or just quench your thirst, we think the best way to choose tea is by choosing flavours you like. Here are some of our favourites.



iced teas and infusions

Iced tea includes beneficial antioxidants and may be a refreshing drink for a change, but check the nutrition information before you take the plunge: drinking iced tea is not the same as having a cuppa – unless it's usual for you to add a heap of sugar.

We looked at Dilmah, Lipton and Pokka iced teas and found they were all high in sugars, from 6-7.5g per 100g. In a 500ml bottle, that's 30-37mg sugars or the equivalent of seven to nine teaspoons of sugar and 500-700kJ.

Native Infusions, a new sparkling water drink infused with green tea, won't provide the antioxidants but it is a little lower in sugars with 5.8g per 100ml, or 15.8g (3¼ teaspoons) in a 275ml bottle providing 264kJ. [hfg](#)



For sources of information for this article, see page 110.