# Sabrina Carpenter praises health benefits of green tea



Sabrina Carpenter, the renowned singer and actress, has highlighted her appreciation for green tea, a drink celebrated globally for its numerous health benefits. In a segment shared on ELLE, Carpenter, best known for her hit 'Espresso', elaborated on her morning ritual, stating, "There's so many benefits of drinking green tea."

The Bristol Post reports that Carpenter's endorsement aligns with a growing body of research underscoring the advantages associated with regular green tea consumption. Studies have indicated that this beverage may help reduce the risk of flu, lower blood sugar levels, and enhance cardiovascular health. In addition, green tea is praised for its potential to improve circulation and provide an energy boost, along with being recognised for its anti-inflammatory properties.

Research summarised by the Mirror has indicated that the components found in green tea, such as caffeine and L-theanine, could potentially enhance cognition, mood, and overall brain function. A review conducted in 2020 by Healthline demonstrated that green tea might effectively decrease fasting blood sugar levels in the short term. The polyphenols present in the tea, particularly the powerful antioxidant epigallocatechin gallate, are noted for their anti-viral and anti-inflammatory effects, which could be beneficial against cold and flu symptoms.

Moreover, various studies have identified a correlation between frequent green tea consumption and a reduced incidence of several risk factors for heart disease, like high blood pressure and unhealthy lipid levels. Particularly noteworthy is a 2022 study that linked the consumption of four or more cups of green tea daily to a 44% lower risk of abdominal obesity, although this finding was significant primarily among women.

However, the research surrounding green tea's role in weight management presents a complex picture. It has been revealed that while green tea may aid in weight loss, it does not appear to influence hormones that regulate hunger and fullness—key factors in appetite control. As such, experts caution that drinking green tea is not a standalone solution for weight loss. They emphasise that maintaining a healthy weight is best achieved through a balanced diet, regular physical activity, sufficient hydration, limited alcohol intake, and avoiding smoking.

The promotion of green tea's benefits has caught the attention of health enthusiasts, with many integrating it into their daily routines inspired by influential figures like Carpenter.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.womenshealthmag.com/uk/health/a63652252/sabrina-carpenter-beauty-health/> - This article supports Sabrina Carpenter's appreciation for green tea, highlighting its numerous health benefits and her personal endorsement.
* <https://www.healthline.com/nutrition/green-tea-and-weight-loss> - Healthline provides insights into the potential benefits of green tea, including its role in weight management and its impact on fasting blood sugar levels.
* <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/tea-and-heart-health/faq-20424467> - The Mayo Clinic discusses the cardiovascular benefits of green tea, aligning with research on its potential to reduce risk factors for heart disease.
* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7402169/> - This study explores the anti-inflammatory and anti-viral properties of green tea's polyphenols, particularly epigallocatechin gallate.
* <https://www.elle.com/beauty/a63652252/sabrina-carpenter-beauty-routine/> - Elle features Sabrina Carpenter discussing the benefits of green tea, emphasizing its antioxidant properties and overall health advantages.