

Milk Tea vs. Green Tea – Which is a healthier Choice?

- Tea is one of the most popular drinks in the world
- We all know that tea is good for us.
- Two of the most popular types are green tea and milk tea.

[Tea](#) is one of the most popular drinks in the world, and there are many different types to choose from. Two of the most popular types are green tea and milk tea. It can be hard to know which is best for our health. While both can be healthy choices, depending on how they're made, there are also some health concerns to consider. So, which is the better choice? Green tea vs. milk tea? Let's take a closer look.

Milk tea vs. green tea



Green tea is made from *Camellia sinensis* leaves, while milk tea is made from tea leaves and milk

Milk tea and green tea are two of the most popular beverages around. Green tea is made from *Camellia sinensis* leaves, which add a light, slightly bitter flavor to the drink. On the other hand,

milk tea is made using a mixture of black or green tea leaves plus milk – creating a much creamier, full-bodied taste. These teas have become extremely popular in recent years, adding an extra bold jolt of flavor to your daily cup of refreshment!

Green tea contains more antioxidants than milk tea

Green tea certainly packs a punch when it comes to antioxidants and nutrition. It contains more than milk tea, so if you're looking for extra nourishment, the former is your best bet. Green tea is high in vitamins and minerals, while milk tea typically only has added sugars and artificial flavors. Drinking green tea also provides many other health benefits by helping lower cholesterol levels and improving blood flow. So while they both offer delicious flavors, one carries more longevity. Green tea may be the smarter option for obtaining those important antioxidants!

Milk tea has more calcium than green tea.

One of the healthiest drinks is green tea., and most people know it provides lots of antioxidants, but did you know milk tea has more calcium than green tea? Green tea still has plenty of benefits, but milk tea should be the go-to beverage for those looking for a strong boost of extra calcium in their cup. It's a classic favorite among many cultures, so why not enjoy it AND get that extra nutrition benefit simultaneously?

Green tea may help you lose weight, while milk tea may not.

Green tea has long been touted for its weight loss and health benefits, but did you know it could be a much better option than your typical milk tea? It is an excellent choice for those trying to lose weight and enhance their general health because it is naturally low in calories and high in antioxidants. On the other hand, milk tea usually contains added sugars, cream, and other high-calorie ingredients that can hinder weight loss. So, if you're seeking momentary enjoyment in a beverage without sacrificing your waistline, try sipping green tea!

Benefits of green tea



Both green tea and milk tea have health benefits, but green tea is generally healthier than milk tea. Some benefits are here:

Whether you're debating green tea or milk tea, it's important to remember that both drinks offer unique health benefits.

Reduce the risk of cancer

Green tea includes powerful antioxidants known as catechins, which are believed to help fight inflammation and reduce cancer risk.

Enhances detoxifying effects

Rejuvenate your body and glow from the inside out with green tea! Not only will it boost your immunity, but it also clears up any pesky blemishes to reveal healthy, glowing skin. Enjoy a toxin-free lifestyle knowing you can trust this beverage for its many benefits.

Help to lose weight

Green tea is generally considered healthier since it has fewer calories due to its lack of added ingredients like sugar and milk. When coupled with a nutritious diet and physical activity, this will assist you on your weight loss journey.

Benefits of milk tea



Provide several nutrients

On the other hand, milk tea provides several nutrients like calcium, phosphorus, and magnesium - all necessary components for a healthy body.

Superior Taste

Enjoyment of this type of tea is heightened with the addition of milk, which helps to mellow its astringent flavor. It's a beloved drink in almost all tea-drinking cultures and is essential to any morning routine.

Choose the type of tea you like best

Everyone has different taste buds and teas to match, so why limit yourself? Green tea is the obvious choice for those focusing on health benefits, although it can initially be astringent. On the other hand, milk tea is great for sweet lovers who want something to sip on throughout the day. There's no need to force yourself to stick to just one type - explore both and find your favorite!

FAQs

How much green tea can you drink each day?

You can drink 1-2 cups of green tea daily. Overdrinking in cups might be harmful.

In what ways is milk tea bad for you?

Indulging in several cups of milk tea throughout the day can cause feelings of nausea and bloat. Your tongue may be coated, and your breath will become unpleasant after some time. The caffeine from the tea can make you more fidgety, ruining your sleeping patterns and resulting in fatigue all hours of the day.