

Tea Encyclopedia Article

Tea

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Tea

Tea is the most widely consumed beverage in the world, except for water. Over 40 percent of the world's caffeine intake comes from tea. In the United States, caffeine from tea accounts for about 17 percent of caffeine consumed. On average, a 6-ounce cup of leaf or bag tea contains about 48 milligrams of caffeine, a little less than half the caffeine in the same amount of ground roasted coffee, and only slightly more than the amount found in 12 ounces of a cola soft drink. Single servings of tea contain amounts of caffeine that can affect people's moods and performance.

See Also

Caffeine; Chocolate; Cola Drinks.