

Black Tea, Green Tea Good for Diabetes

In Rats, Black and Green Tea Lower Blood Sugar, Prevent Cataracts

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Both [black tea](#) and [green tea](#) are good for diabetes, a rat study shows. They also prevent diabetic animals from developing cataracts.

The findings appear in the May 4 issue of the *Journal of Agricultural and Food Chemistry*.

"Black and green tea represent a potentially inexpensive, nontoxic, and, in fact, pleasurable [blood-sugar-lowering] agent," the researchers write. "Tea may be a simple, inexpensive means of preventing or retarding human diabetes and the ensuing complications."

In the study, the researchers gave green and black teas to diabetic rats for three months.

They found both kinds of tea inhibited diabetic [cataracts](#). The teas also had a blood-sugar-lowering effect.

To get the same dose of tea given to the rats, a 143-pound person would have to drink 4.5 8-ounce cups of tea every day.

The researchers recommend that tea -- black and green -- should be studied for an antidiabetes effect in humans.

SOURCES: Vinson, J. and Zhang, J. *Journal of Agricultural and Food Chemistry*, May 4, 2005, published online March 31, 2005. News release, American Chemical Society.

<http://diabetes.webmd.com/news/20050420/black-tea-green-tea-good-for-diabetes>

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