

Try something new in 2005... Twinings Green Tea

Refresh your body, ready for summer!

Spring is a great time of year to brush off those cobwebs, recharge your batteries, and treat yourself to some good, clean living. Take a look at what you're eating – and what you're drinking – and, if you're stuck in a rut, try something new! Always sticking to the same old choices can lead to boredom and if there isn't enough variety in your diet, you could be missing out.

Staying hydrated is also vital as the weather warms up and tea is a perfect, no-check drink that you can drink freely on the Positive Eating Plan. And, these days, tea is positively exotic and comes in a huge variety of flavours...

Blended to perfection by the connoisseurs at Twinings and with six delicious flavours to choose from, Twinings range of Green Teas includes Pure Green Tea, Earl Grey or Jasmine Green Tea, for traditionalists and oriental aficionados, as well as smooth and deliciously refreshing new flavours such as Orange and Lotus Flower, Pineapple and Grapefruit, Pear and Apple.

Twinings range of Green Teas taste great and Green tea is a natural source of antioxidants, which may help protect the body from the damage caused by free radicals.

Research is increasingly suggesting that a diet high in antioxidants, such as those found in tea, fruit, vegetables and red wine form an important part of a healthy diet.

Available from leading retailers, from £1.09 for a pack of 20 teabags, you can spoil yourself and feel good about it!

So, liven up your evenings with the clean, fresh taste of Twinings Green Teas!

OUT
with fad diets that leave you feeling lethargic and drained!

IN
with Positive Eating and sipping Twinings range of Green Teas!



● Be careful not to exceed recommended caffeine doses by keeping your intake in check. Six cups a day contains 300mg of caffeine which is the limit for pregnant women, for example.