

## Healthcare Nutrition 2019-Green tea helps reduce weight and body mass index in subjects who restricted overall calories.-Bilkish Raje- India

**Bilkish Raje**  
India

**Objectives:** To assess the effects of green tea for weight loss and weight maintenance in overweight or obese adults with calorie restriction

**Methods:** Criteria for considering studies for this review.

**Types of studies:** Randomized, controlled clinical trials.

**Types of participants:** Participants are a healthy male or female adults (18years of age and older), who have been classified as being overweight or obese (as defined by accepted standards such as body mass index (BMI) or percentage excess weight compared with ideal weight tables). Obesity is an increasing public health concern due to the increased risk of related disorders. However, appropriate prevention and early management of obesity are changes in lifestyle patterns including physical activity and diet. It has been shown that green tea helps to reduce obesity when consumed on daily basis, followed by calorie restricted diets. Anti-obesity effect of green tea has been associated with its content of caffeine and catechins particularly (-)-epigallocatechin-3-gallate (EGCG). A number of studies have explored the effects of green tea on overweight and obesity conditions. In a study of 200 subjects, it was observed that 2 cups of 100% pure green tea helps in reducing weight in the population who followed restriction in calories & 20minutes of physical activity. Calories were restricted to BMR. The consumption of green tea or its catechins helps in significant reduction of body mass index (BMI), body weight and body fat by increasing postprandial

thermogenesis and fat oxidation. Several studies have hypothesized biological mechanisms whereby green tea may reduce adipocyte lipogenesis, decrease fat absorption, as well as suppressed appetite and nutrient absorption. In addition to this simple sugars were avoided & Fiber increased to 25gm/day. Subjects lost weight on an average 3.5kg/month followed by 2.5kg/ month. Unlike other green tea extracts, the green tea phytosome consists of green tea polyphenols which are linked to a phospholipid (i.e. a lipid or fat, containing a phosphate group). It is thought to improve the absorption of polyphenol compounds such as EGCG in your body by making it easier for them to pass through cell membranes. The phytosome of green tea is also caffeine free, so you don't have to worry about becoming a nervous mess if you take it. No pill will be (or should be) a magic bullet for weight loss. However, research suggests that when combined with a low-calorie diet, the green tea phytosome can help you lose more weight than just cutting calories. In a study of 50 obese men and women, those who reduced calories and took green tea phytosome for 90 days lost an average of 30 pounds, while those who limited calories alone lost an average of 11 books. Additional studies have produced similar results. Metabolic syndrome is no joke. Characterized by obesity and a host of other factors, such as high blood pressure and hypoglycemia, this condition increases your risk for heart disease, stroke, and diabetes. But research suggests that taking green tea phytosome may help.