Matcha and Green Tea Bag Nutritional Comparison

A comparison of the amount of each nutrient in one cup of green tea prepared using a bag, with that of one serving of matcha. Included is a short explanation of why each nutrient is important.

Green Tea Bag *Matcha*

Presented by Aiya

Comparing one serving of Tea Bag Sencha and Matcha
3g Sencha Tea bag with 240ml (8oz) hot water
2g Matcha with 30z hot water

Source: Standard Tables of Food Composition: Japan Forth and Fifth Revised and Expanded Edition
Aiya America Nutritional Analysis: Ceremonial Matcha
(Eco Pro research, Brunswick Lab, Covance Lab)

		Green Tea Bag	Matcha	
Catechines	Flavanols found to be helpful in reduction of body fat and LDL Cholesterol, as well as protecting the blood vessels, leading to a decreased risk of heart attacks.	188.8 mg	242 mg	*1.3x more!*
L-Theanine	An amino acid found to be useful in stress-reduction. It has also shown success in lowering blood lipids, and increasing the effectiveness of anti-tumor drugs.	9 mg	39 mg	*4.3x more!*
Protein	Bones, muscles, cartilage, skin & blood all need protein for their generation. It is a macronutrient that is required for sustainability of life.	3.35 mg	578 mg	*172.5x more!*
Total Fiber	Fiber helps to control blood sugar, lowers the risk of heart attack & stroke, can enhance weight loss, improves skin health, and aids in digestion and kidney health.	Less than 0.01 mg	0.34 mg	*34x more!*
Calcium	Important to bone strength, as well as in new bone growth, helping to prevent osteoporosis. As the body ages, more calcium is needed to maintain bone health.	Less than 0.05 mg	6.5 mg	*130x more!*
Iron	Transports oxygen through the body. Without the necessary amount of oxygen, the body cannot produce adequate red blood cells, which can result in anemia.	Less than 0.01 mg	0.34 mg	*34x more!*
Caffeine	Caffeine boosts memory & alertness, wards off Alzheimer's, can ease depression, may protect against cataracts, and can relieve post-workout pain.	31.8 mg	68 mg	*2.1x more!*
Potassium	Potassium is an extremely important nutrient, since it signals the heart to beat. It is crucial to muscle, nerve & kidney health.	0.45 mg	42.3 mg	*94x more!*
Vitamin C	Protects against immune system issues and cardiovascular disease, is important for skin & eye health, and can prevent prenatal health problems.	0.1 mg	3.2 mg	*32x more!*

#TheDailyTea