**Reducing the threat of stroke or heart attacks can be assisted by drinking green tea and coffee.**

Many people have believed that green tea is very beneficial for many reasons. Here are results reported in recent study from Japan.

Green tea has been popular in Japan (and other parts of Asia) for many years, and most recent research has revealed that drinking green tea in large volumes (a half dozen or more cups of green tea daily). It is noted that the Japanese do not add sugar to their tea, and that is an important issue as most of us know that sugar is a major contributor to many health issues. Also, people who drink green tea also have slightly different diets. They tend to eat more fish, fruit and soybeans, which most of us know are foods highly recommended by nutritionists.

The ingestion of a moderate amount of coffee, also has some benefit. Too much coffee is generally known as harmful to health. But heart attack survivors who drank just one cup of coffee daily lowered their overall risk of death by 22% compared to people who didn't drink coffee regularly. Researchers had followed participants for up to two decades. It was noted that Americans and Japanese have different lifestyles and dining habits, therefore, these other variables must be included before drawing definite conclusions.

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**SOURCE:**

**Green tea, coffee linked to lower death risk after stroke, heart attack**

**By American Heart Association News, February 4, 2022**

Drinking large amounts of green tea or a single cup of coffee each day may reduce the risk of death for people who survive heart attacks and strokes, new research shows.

The study, published Thursday in the American Heart Association journal [Stroke](https://www.ahajournals.org/doi/10.1161/STROKEAHA.120.032273), found Japanese stroke survivors who drank at least seven cups of green tea daily lowered their risk of death from any cause by 62% compared to non-tea drinkers. Heart attack survivors who drank one cup of coffee daily lowered their overall risk of death by 22% compared to people who didn't drink coffee regularly. Researchers had followed participants for up to two decades.

Previous green tea research among the general population in Japan has shown three to five cups a day of the commonly consumed beverage lowered the risk of death from heart disease. Similarly, studies in other parts of the world have shown moderate coffee consumption may reduce the risk of dying from heart disease and other causes.

In this study, researchers compared green tea and coffee consumption among 46,000 people in 45 communities in Japan. Study participants, ages 40 to 79, included those who had previously had strokes or heart attacks and those who had neither.

While researchers found drinking green tea had no impact on overall death risk among people without a history of stroke or heart attack, that group did see a 14% lower risk drinking one or more cups of coffee weekly.

The study did not explore why drinking green tea or coffee may protect against heart-related deaths. However, researchers noted other differences in the diets and medical histories of green tea and coffee drinkers.

Those who drank more green tea were also more likely to eat fish, fruit and soybeans, regardless of whether they had a history of stroke or heart attack. Tea drinkers with no history of heart problems also had a lower rate of diabetes. Coffee drinkers with no history of stroke or heart attack had lower rates of diabetes and high blood pressure, but higher rates of mental stress and were less likely to eat fish.

Researchers say they need to look deeper into the lifestyle of heart attack and stroke survivors for answers.

"There is a strong need for scientific evidence on the lifestyles among survivors of stroke and heart attack considering the rapidly aging population and the need to improve life expectancy following these cardiovascular events," study author Dr. Hiroyasu Iso, a public health professor at Osaka University in Suita, Japan, said in a news release.

He also cautioned against comparing tea and coffee drinking in Japan to how it is consumed elsewhere.

"An important distinction to make is that in Japanese culture, green tea is generally prepared with water and without sugar," Iso said. "The healthiest way to prepare these beverages is without an unnecessary amount of added sugars."