

Green tea and diabetes

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Studies investigating the association between tea consumption and risk of type 2 diabetes have had inconsistent findings.

A recent study led by Xiao-Ou Shu, MD, PhD, and colleagues found that green tea drinking was associated with increased risk of type 2 [diabetes](#) in Chinese adults, for whom tea is one of the most popular beverages.

This study, reported in the *International Journal of Epidemiology*, included 119,373 participants from the Shanghai Women's Health Study and Shanghai Men's Health Study who did not have diabetes at the time they enrolled in the study.

The researchers found a positive and dose-response association between green [tea consumption](#) and risk of type 2 diabetes in both women and men. This association did not vary by obesity or smoking status. Plasma level of caffeine metabolite was also associated with increased diabetes risk.

The [authors](#) suggest a possible role of pesticide contamination in tea leaves and call for further studies to understand the mechanisms underlying the association.

More information: Xiaona Liu et al. Green tea consumption and risk of type 2 diabetes in Chinese adults: the Shanghai Women's Health Study and the Shanghai Men's Health Study, *International Journal of Epidemiology* (2018). [DOI: 10.1093/ije/dyy173](https://doi.org/10.1093/ije/dyy173)

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