

Switching to Tea Instead of Coffee

From the Teas.co.uk wiki

Switching from coffee to tea, in summary: A UK guide to switching from coffee to tea: caffeine reality, gradual transition, which teas replace coffee best, what to expect.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Switching to Tea Instead of Coffee. Canonical: <https://teas.co.uk/wiki/tea-instead-of-coffee/>*

Tea instead of coffee is one of the most successful caffeine changes people actually keep, for clear reasons. This sits in the energy cluster beside [quitting coffee for tea](#).

Last reviewed by the teas.co.uk team in May 2026.

General information about tea, not medical, dietary or fitness advice. Weight, metabolism and training decisions should be guided by a GP, dietitian or qualified professional. Tea is not a weight loss treatment.

The trade

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The trade, Switching to Tea Instead of Coffee. Canonical: <https://teas.co.uk/wiki/tea-instead-of-coffee/>*

You trade coffee's sharp, intense, sometimes jittery hit for tea's lower, smoother, more sustained lift, helped by L theanine. Less peak, fewer jitters, gentler afternoons and often better sleep, see [L theanine](#).

The caffeine reality

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The caffeine reality, Switching to Tea Instead of Coffee. Canonical: <https://teas.co.uk/wiki/tea-instead-of-coffee/>*

Most tea has less caffeine per cup than brewed coffee, so expect a softer effect, or drink a strong black or matcha if you want more, see the [caffeine guide](#) and [tea vs coffee](#).

Do it gradually

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Do it gradually, Switching to Tea Instead of Coffee. Canonical: <https://teas.co.uk/wiki/tea-instead-of-coffee/>*

An abrupt big caffeine drop causes withdrawal headaches and slumps that get blamed on tea. Phase coffee down over a week or two and the switch sticks, see [quitting coffee for tea](#).

Match strength to expectation

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If you were a strong coffee drinker, start with robust black or matcha, not a delicate green, or the change feels like deprivation.

Keep the ritual

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Keep the ritual, Switching to Tea Instead of Coffee. Canonical: https://teas.co.uk/wiki/tea-instead-of-coffee/*

Much of coffee's appeal is ritual; rebuilding a deliberate tea ritual replaces that and is a big reason the swap holds, see [making tea properly](#).

The afternoon win

The clearest benefit most people report is calmer afternoons and easier sleep from the lower, smoother dose, see [tea for the afternoon slump](#).

In a sentence

Tea instead of coffee trades intensity for smoothness and better sleep; done gradually, with strength matched to habit and ritual preserved, it is a swap that lasts, see [quitting coffee for tea](#).

What you need to know: Switching from coffee to tea

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Aspect	What changes
Caffeine load	Coffee: 80-120mg per cup. Tea: 40-60mg. You'll feel less alert initially; this is the main adjustment
Alertness profile	Less sharp, more sustained; L-theanine modulates the caffeine into smoother focus
Stomach impact	Generally gentler than coffee; less acid, less reflux risk
Sleep quality	Often improves; lower caffeine load with same daily routine clears better by bedtime
Time to adjust	1-2 weeks of mild under-stimulation while caffeine receptors reset
Cost per cup	Tea is dramatically cheaper than café coffee (3-15p vs £2-£4); modest savings vs home filter coffee
Anxiety levels	Often improves for caffeine-sensitive drinkers; smoother alertness reduces jitter

Aspect	What changes
What you lose	The morning coffee ritual (replaceable); the sharper alertness hit (genuinely missing for some)

What to switch to

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What to switch to, Switching to Tea Instead of Coffee. Canonical: https://teas.co.uk/wiki/tea-instead-of-coffee/*

If you were a strong coffee drinker, start with a robust black, [Yorkshire Tea Gold](#) or an [Assam](#), or [matcha](#) for a coffee-strength hit; everyday switchers do fine on [English Breakfast](#) or [PG Tips](#). Brew it properly (one bag, about four minutes, pressed before lifting out) so it delivers real caffeine. The cost case is real too: a daily café coffee can run to hundreds of pounds a year against a few pounds a month of home-brewed tea. Browse the full [tea shop](#); free UK delivery is over £35.

Related on the wiki: [Proffee, the protein-coffee take](#).

Reference noted

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- [EFSA Scientific Opinion on the Safety of Caffeine \(2015\)](#)
- [NHS guidance on caffeine](#)

FROM THE CURATOR *teas* · Buy on the cup, not on the label. The wider shelf is there for when you know what you like.

More tea reading

For caffeine context see the [caffeine content guide](#) and the [tea vs coffee guide](#). For brewing technique that maximises caffeine see the [how to brew black tea](#). For matcha as a coffee-strength option see the [what is matcha](#). For the afternoon dip see [tea for the afternoon slump](#).

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- [Oolong tea](#)
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- [Herbal tea](#)
- [Caffeine in tea](#)
- [How to make tea properly](#)
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