Is Green Tea Better Than Black Tea?

From the teas.co.uk wiki

> **Is green tea better than black tea, in summary:** No winner: same plant, different processing. Health stories are modest, similar and overstated; the real difference is taste. Choose by preference.

"Green is healthier than black" is a near universal belief that needs clear qualification. Part of the tea myths pages, alongside tea myths debunked.

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

General information, not medical advice. Where a myth touches health, the answer is given with its evidence; persistent concerns belong with a GP or pharmacist.

Green vs black tea, at a glance

Question	The answer
Is green "better"?	No; both are the same plant, the difference is processing and taste, not a winner
Health	Both have a modest, similar, much overstated story about plant compounds; neither is a treatment
Caffeine	Black usually higher, green lower; brew and type vary it more than colour
Real difference	Flavour and habit: fresh/vegetal vs brisk/malty
Bottom line	"Both is fine", choose by taste and moment, not a league table

Why people think green wins, and the real differences

The belief that green tea is "better" than black is a textbook tea myth, and seeing where it comes from is most of dismantling it. It rests on a halo: green has been marketed for decades around plant compounds and purifying promises, so people assume black must be inferior, when both are leaves of the same plant, Camellia sinensis, and the difference is entirely processing, green is fixed with heat to halt oxidation, black is fully oxidised, see oxidation explained. The stories about the body are modest, broadly similar and equally overstated for both; neither is a treatment, a purge or a way to shed weight, and the real, defensible pluses, a near zero calorie pleasant habit and a mild caffeine lift, apply to both. The real differences are flavour and

caffeine: green is fresher, more vegetal and brew sensitive, while black is brisker, maltier and milk friendly; black is usually higher in caffeine and green lower, but type and brewing move that more than the colour does, so a strong gunpowder green can out caffeinate a delicate black.

How to judge any "which tea is better" claim

"Green beats black" is one instance of a recurring shape, a real, narrow fact inflated by marketing into a confident ranking, so it is worth the filter that defuses the whole category. Ask three things. Is it the same plant or different: green and black are the same species, so any "better" claim has to be about processing, not the plant. Is the effect large or trivial: the health signals (modest cardiovascular and metabolic associations, the caffeine-plus-theanine lift) are small and similar for both, so they cannot rank one above the other. And what is the hidden variable: here it is taste preference and a marketing halo, neither of which is a health fact. Run it through and the "winner" dissolves. What actually matters when choosing is practical: fresh and light or sturdy and milky; a morning lift or an all day cup; with milk (which suits black and ruins delicate green) or without; and which you enjoy enough to drink regularly, because the tea you keep drinking beats the better one you abandon. See green tea and black tea.

What to buy

Drink whichever you enjoy: browse the green tea range or a sturdy black tea, with the full tea shop for the rest. Free UK delivery over £35.

Reference noted

- PubMed: Green tea catechins and human health
- PubMed: Polyphenols and chronic disease prevention

FROM THE CURATOR

teas · Between green and black, the right one is whichever you finish. Stop comparing and branch out only after that one is settled.

Tea-myths reading

- Green tea
- Green tea
- Black tea
- Caffeine in tea

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- Green tea
- Black tea

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