Oolong vs Green Tea

From the teas.co.uk wiki

> **Oolong vs green tea, in short:** Oolong vs green tea: same plant, different craft. Green is unoxidised and simple, oolong partially oxidised and broader. Both are oversold on body weight claims.

The headline is that oolong and green tea are the same plant (Camellia sinensis) processed differently: green is essentially unoxidised, oolong is partially oxidised across a wide range. So this is a real like for like comparison, both true tea, differing by processing, and both heavily over claimed as fat burners.

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

What they have in common

What they share: same plant, both caffeinated (moderate, variable), both with the same modest real package and the same evidence light broad associations, both rewarding to drink for flavour, and both relentlessly marketed as "fat burning" teas, a claim the evidence does not support for either.

The real differences

The real differences. Processing: green is fixed quickly with little oxidation; oolong is partially oxidised, anywhere from light (green leaning) to heavy (black leaning), often with roasting. Flavour: green is fresh, vegetal, grassy or nutty; oolong spans floral and creamy to roasted, fruity and deep, a far broader single category. Brewing: green wants cooler water and short steeps; light oolong is similar, but roasted oolong takes hotter water, and oolong rewards many re steeps especially gongfu style. Caffeine: both moderate and variable, no reliable big gap.

Which should you choose

Choose green tea for a clean, fresh, simple daily cup brewed quickly; choose oolong when you want more complexity, range and the rewarding multi infusion experience, and are willing to brew it by its style. Beginners often find a forgiving roasted oolong or a mellow green an easy start; both are sound. Neither is a tool for shedding pounds; choose by flavour and how you like to brew, not by diet claims.

Quick take

The clear verdict: same plant, different craft. Green tea is fresher and simpler; oolong is broader, more complex and more re steepable. Both are caffeinated, modest and really rewarding teas, and both are over marketed as diet aids. Pick by the experience you want, brew each correctly, and ignore the fat burning genre entirely for both.

Oolong and green tea side by side

	Green tea	Oolong
Plant	Camellia sinensis	Camellia sinensis (same plant)
Processing	Fixed fast, little oxidation	Partially oxidised, often roasted
Flavour	Fresh, vegetal, grassy, nutty	Floral and creamy to roasted and deep
Brewing	Cooler, short steeps	Light similar; roasted hotter
Re steeping	A few	Many, especially gongfu
Best for	Clean simple daily cup	Complexity, many infusions

References and notes

- Britannica: Tea (beverage)

FROM THE CURATOR

teas · One good oolong or green, brewed loose with care, beats five exotic bags gulped down.

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