

Green Tea Supplementation Decreases Body Weight in Obese Adults

Adult obesity in the United States is high with a prevalence of 35.5% among men and 35.8% among women. Improving the health of obese individuals may require examining alternative nutrition therapies. Studies have been conducted to examine the effects of green tea supplementation on weight loss in obese adults. PubMed and Academic Search Premiere databases were used to identify studies using search terms “green tea, weight loss, and BMI”. An article was included if it was a peer-reviewed study conducted in the last ten years, and excluded if it was a review. Six studies were evaluated. Four studies were randomized-controlled trials (RCT), one meta-analysis, and one cross-sectional study. Two studies found that green tea supplementation decreased body weight. Two studies found that being on a hypocaloric or Thai diet combined with green tea supplementation decreased body weight. Two studies found that green tea has a protective effect against weight gain or metabolic syndrome. It is apparent from these six studies that green tea supplementation does help obese individuals lose weight. Strength of four studies is that they were RCT. The following study limitations were noted: the duration of the intervention was limited, and sample size was small in five studies. Reasons for green tea’s effect on weight loss from the studies include: catechins or caffeine, increases energy expenditure and fat oxidation or effects the genotype expressed to increase metabolism. Future research should determine the effects of: different amounts of green tea, longer duration of green tea consumption on weight, and if there are racial differences on how an individual responds to green tea.