10 Delicious (& & Digestion-Friendly) Options at Townshend:

**Green Teas:** (caffeinated)
1) Strawberry Sencha
2) Moroccan Mint
3) Cinnamon Orange Sencha

**White Teas:** (mildly caffeinated)
4) Silver Needles
5) Rose Peony

**Rooibos:**
6) Rooibos Red Bush
7) Vanilla Rooibos

**Herbal:**
8) Orange Zephyr
9) Lemon Myrtle
10) Peppermint

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**The Scoop on Kombucha**

Kombucha is a fermented tea that contains a beneficial colony of bacteria and yeast believed to support digestion and immune function. The jury is still out on the FODMAP content of Kombucha as it has not been tested by Monash University. A source called foddmap.com claims that their independent testing determined it to be high FODMAP. However, due to the variability between brands, you may want to do some self-experimentation before deciding. Some things to consider when picking out your Kombucha are its 1) sugar content, 2) strains of bacteria/yeast, 3) caffeine content, and 4) additives. My favorite selection is GT’s Kombucha- Gingerade.

**References:**

1) Monash University Low FODMAP App
Healing Low FODMAP & SCD Legal Teas

Green Tea (contains caffeine)
Green tea comes from an evergreen plant native to China and India. It has been tested by Monash University and found to be Low FODMAP at an amount of 250ml (~1 cup) or less.

The health benefits of green tea are vast and well-studied. It has been shown to be a potent antioxidant, have anti-inflammatory properties, be protective against cancer and cardiovascular disease, support oral health, and be antimicrobial. Its antimicrobial activity has been shown to combat Candida Albicans, E. Coli, Salmonella, and more!

White Tea (contains caffeine)
White tea actually comes from the same plant as green tea, but it is processed differently. Although less research has been dedicated to discovering its health benefits, it is likely that its healing properties resemble those of green tea, although perhaps to a lesser degree.

Rooibos
Rooibos is a South African plant that provides a rich source of antioxidants such as quercetin and rutin. Studied health benefits include its protective effects against inflammation and cardiovascular disease. It may also be beneficial for promoting balanced glucose levels in type 2 diabetics.

Lemongrass
Lemongrass is commonly used in Southeast Asian cooking, but it can also be found as a component of herbal tea blends. It has antimicrobial properties that have been compared to penicillin and it may protect against biofilm formation. Lemongrass has also been used in mouthwash, as an anti-inflammatory, an antioxidant, for pain relief, and for fever reduction.

Peppermint
Peppermint is well-recognized for providing symptom relief for individuals with IBS. This may be partially due to its antimicrobial and anti-spasmodic properties. Other medicinal uses include its ability to increase salivation, soothe inflammation, and relieve headaches.

Play It Safe:
Order your tea without milks or sweeteners.

Look out for these!
A variety of different teas have been determined by Monash University to have a moderate or high FODMAP content (based on 250ml ~ 1 cup):

- Black Tea (if strong, not weak)
- Chai Tea (if strong, not weak)
- Chamomile (strong or weak)
- Dandelion (if strong, not weak)
- Fennel (strong or weak)
- Oolong (strong or weak)

Other Potentially Problematic Ingredients:
- Prebiotics (SCD Illegal):
  - Chicory root
  - Inulin
- Mucilaginous herbs (SCD Illegal):
  - Slippery Elm
  - Marshmallow Root
- High FODMAP fruits:
  - Blackberries
  - Apple
- Caffeine (some people report issues with it)
- Mint (may be problematic for those with GERD/acid reflux)
- Untested Items: there are many herbs found in tea that have not been tested for their FODMAP content. When in doubt, choose teas with fewer ingredients that you know are safe for you. Or, go rogue and try out something you’ve been eyeing! The choice is yours 🙂