

Green Tea vs Black Tea (vsdiff.com)

Oxidation level	Minimal to none
Dominant compounds	Catechins (EGCG) vs Theaflavins/Thearubigins
Caffeine (per 240 ml)	<i>Green:</i> ~20–45 mg • <i>Black:</i> ~40–70 mg
Typical flavor	Grassy, vegetal — vs — Malty, brisk
Main producing regions	China, Japan (green) • India, Sri Lanka, Kenya (black)
Brewing	<i>Green:</i> 60–80°C / 1–3 min • <i>Black:</i> 90–100°C / 3–5 min
Common uses	Delicate single-origin, culinary (matcha) • Blends, milk/condiments (breakfast teas)

Source: <https://vsdiff.com/green-tea-vs-black-tea/>