

## Matcha vs Green Tea (vsdiff.com)

Aspect	Matcha	Green tea (steeped)
Form	Finely ground <i>stone-milled powder</i>	Whole leaves used for <i>steeping</i>
Cultivation / Processing	Shade-grown (tencha) then destemmed and stone-milled; concentrates leaf components	Typically sun-grown or partial shade; leaves dried/steamed or pan-fired
Caffeine per serving (approx.)	~30–70 mg per 2 g scoop (depends on grade & water)	~15–45 mg per 200–240 ml cup (depends on leaf amount & steep time)
Key bioactives	Higher in <i>EGCG</i> and <b>L-theanine</b> by serving (leaf consumed)	Lower per cup (most compounds partially extracted into infusion)
Typical flavor	Umami-rich, vegetal, sometimes <i>bitter</i> if overheated	Light vegetal to floral; wider variation by cultivar and processing
Cost	Often higher (ceremonial/culinary grades affect price)	Broad range; many inexpensive bagged options
Main uses	Traditional ceremony, lattes, baking, supplements	Everyday hot beverage, iced teas, culinary infusions

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