The green tea consumption (Camellia sinensis) is little widespread in several countries, as in Brazil. This study verified green tea ingestion in women from 20 to 40 years with overweight or obesity (grade I) (25-35 Kg/m²). The volunteers, who began to ingest the soluble green tea answered a survey. All the volunteers interviewees 27.8% already ingested green tea, while 72.2% never ingested. The reason why the volunteers decided to participate in this research varied as follows: 89% health; 22.2% find pleasant; 22.2% own motivation; 11.1% friend indication; 11.1% read in magazine; 5.6% medical indication; 27.8% chose another reason, examples are weight loss, fat percentage maintenance and interest to participating in research. The most used way consumption green tea are: 88.9% green tea leaves; 22.2% green tea capsules and 11.1% instantaneous green tea, not being mentioned other green tea consumption forms. Green tea is less consumed that the others tea types due the bitter flavor and smaller popularity than the sweet herb or chamomile, however, the green tea consumption is linked with health benefits, and it is more consumed in leaves due more accessible price.