



Is Coffee Healthy?

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Yes or No?

Yes, go ahead and grab that cup of joe, or two, or more. Doing so may improve your health and help you live longer, suggests new research. In a new observational study involving close to 20,000 individuals, people who consumed at least four cups of coffee daily had a 64% lower risk of early death compared to those never or rarely consumed coffee.

What are the health benefits?

Coffee has also been shown to reduce the risk of many diseases, including type 2 diabetes, liver disease, colorectal cancer, Alzheimer's and skin cancer. Some of the compounds commonly found in coffee "have been related to better insulin sensitivity, liver function and reduced chronic inflammation

Are there any precautions?

- Pregnant women, for example, should cautiously limit their intake of caffeinated coffee.
- If you have any heart conditions, you should also limit your coffee and caffeine consumption. "Caffeine is an aggravator and accelerator of one's heart rate,"
- Keep in mind that decaffeinated coffee still contains caffeine. An 8-ounce cup of brewed coffee can contain anywhere from 75 to 165 milligrams of caffeine, whereas decaffeinated coffee contains an average of 2 to 7 milligrams per cup

Any last tips?

- Black Coffee with no additives is the best, and has the least amount of calories 0.
 - Cream contributes about 50 calories and 3 grams of saturated fat per tablespoon.
 - Low-fat milk has fewer calories and will help to offset calcium losses (a tablespoon has only 6 calories, but 19 milligrams of calcium).
- Avoid sugar in your coffee
 - A teaspoon of sugar contains 16 calories. It may not sound like much, but if you add two teaspoons to your brew and drink a few cups per day, the calories add up.
- Choose filtered coffee if you have high cholesterol.
 - Unfiltered coffee, like the kind made from a French press, retains compounds known as cafestol and kahweol, which may contribute to increased cholesterol levels in some people.



Data Sources:

- <https://www.cnn.com/2017/09/29/health/coffee-healthy-food-drayer/index.html>
- https://www.huffingtonpost.com/2013/10/17/coffee-health-benefits_n_4102133.html
- <https://www.cNBC.com/2018/02/27/why-researchers-think-coffee-is-good-for-you-but-still-arent-sure.html>