

Is Coffee Healthy?

Coffee Pros

Provides vitamins and minerals

- Potassium, niacin, vitamin E, and magnesium

Increases cognitive function

- Coffee contains natural brain-boosting compounds glutamate and dopamine which can improve mental performance

Research shows possible disease protection

- Coffee contains antioxidants which are anti-inflammatory agents
- May prevent heart disease, cancer, and diabetes
- Caffeine does not cause hypertension – it raises blood pressure temporarily

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Coffee Cons

Caffeine in excess can have detrimental effects

- Anxiety, irregular heartbeat, insomnia, and poor sleep

Everyone reacts differently to caffeine

- Pay attention to your body!
- Caffeine may make those diagnosed with hypertension more difficult to manage
- Quit caffeine by 2pm to ensure enough time for breakdown before bedtime

Tips to Remember

- It is safe to drink 3-5 - 8 oz. cups of coffee/day (100mg caffeine in 8 oz. coffee)
- Limit added sugar, flavors, and creamers as this can lead to weight gain
- Try flavoring coffee with cinnamon or vanilla protein powder

