

To Your Health: Coffee

5 FACTS TO HELP YOU ENJOY YOUR COFFEE A LITTLE MORE

Help prevent heart disease and diabetes

Two to four cups of coffee daily has been shown to reduce risks of heart disease, the leading killer in America, by 20 percent. And drinking two to six cups of either regular or decaf coffee reduces the risk for Type 2 diabetes, a contributor to heart problems and stroke, by 7 to 35 percent, respectively.

– University Medical Center in Utrecht Study, reported by Health Day and Harvard School of Public Health Study, WebMD

Stay sharp

Caffeine produces adrenaline in the body, accounting for the increase in energy and focus. Also, its moderate consumption is linked to decreases in Alzheimer's disease and dementia by 65 percent.

– Finnish/Swedish Coffee Consumption and Risk of Type 2 Diabetes Study, reported by WebMD

Low calorie beverage

Coffee isn't generally considered a diet drink, but it has few calories. A typical 6-ounce cup has only seven calories. And the caffeine increases metabolism, helping burn more calories. Just beware of additives like cream, flavorings and sweeteners. Find out how many calories you're adding to your coffee at the U.S. Department of Agriculture's new Foodapedia Website, www.myfoodapedia.gov.

Coffee okay during pregnancy

The American College of Obstetrics and Gynecologists reports no link between moderate caffeine consumption and miscarriage.

Pregnant women can still safely enjoy 200 mg of caffeine daily, or roughly 12 ounces of coffee.



Battle brain cancer

International researchers concluded moderate drinking of coffee correlated to a 34 percent decrease in getting glioma or brain cancer affecting the central nervous system. Additional research shows coffee protects from head and neck cancers too.

– European Prospective Investigation into Cancer and Nutrition (EPIC) cohort study led by Dominique S Michaud; International Head and Neck Cancer Epidemiology consortium study, American Association Of Cancer Research