



## ENJOY THAT JAVA!

### *The Health Perks of Coffee*

Coffee often gets a bad rap. But the reality is that you shouldn't feel the least bit guilty about your coffee habit. In fact, study after study is showing that your daily java can prove more than just a pick-me-up. Research reveals there may be several health benefits associated with drinking coffee. Here are just a few reasons to get your brew on:

→ **IT MAY LOWER YOUR DIABETES RISK.** Coffee contains minerals such as magnesium and chromium, which help the body use the hormone insulin, which controls blood sugar (glucose). In type 2 diabetes, the body loses its ability to use insulin and regulate blood sugar effectively.

→ **IT MAY HELP YOU LIVE LONGER.** According to a study by the Harvard T.H. Chan School of Public Health, daily coffee drinkers (even those who drank decaf) had a lower risk of dying from diabetes and neurological diseases than less frequent drinkers. The study showed those who drank three to five cups a day seemed to reap the protective benefits the most.

→ **IT MAY LOWER YOUR RISK FOR HEART ATTACK AND STROKE.** Coffee may counter several risk factors for heart attack and stroke. A study of about 130,000 Kaiser Permanente health plan members found that people who reported drinking one to three cups of coffee per day were 20 percent less likely to be hospitalized for abnormal heart rhythms than nondrinkers, regardless of other risk factors.

→ **IT MAY LOWER YOUR CHANCE OF DEVELOPING PARKINSON'S.** In a study published in the *Journal of the American Medical Association*, U.S. researchers found a link between coffee consumption and Parkinson's disease risk. The authors of the study concluded that higher coffee and caffeine intake is associated with a significantly lower incidence of Parkinson's disease.

→ **IT MAY PROTECT YOUR FROM LIVER CANCER.** Evidence suggest that coffee may be particularly good for your liver. Italian researchers from

Milan's Istituto di Ricerche Farmacologiche found that coffee consumption lowers the risk of liver cancer by about 40 percent.

### IS COFFEE FOR EVERYONE?

No. If you simply don't like it or if it upsets your stomach, there's no reason to drink it. If you're pregnant, breast feeding, or have any other health concerns, check with your doctor.

### WHAT'S THE MAGIC NUMBER?

The federal Dietary Guidelines state that up to five cups of coffee a day are in line with a healthy diet. Make sure you take it easy on the cream, sugar and other additives though.

### HIGH IN BENEFITS, LOW ON CALORIES

Regular black coffee (without milk or cream) has a very low calorie count. A typical cup of black coffee only contains around two calories! Coffee is a rich source of disease-fighting antioxidant and studies have shown that it may reduce cavities, boost athletic performance, improve moods and stop headaches—not to mention reduce the risk of type 2 diabetes, liver cancer, stroke and Parkinson's diseases.

