

Beyond caffeine: coffee's potential health benefits



Why Coffee?

Coffee beans are packed with several antioxidants such as chlorogenic acid, melanoidins, and phenylalanines

How much is too much?

Although the safe levels of consumption are 3 to 4 cups of coffee a day, one should not get dependent to this beverage to carry on their daily activities



Coffee and diabetes

Coffee is rich in Trigonelline which has hypoglycaemic effect (decreasing blood glucose) and cafestol which improves insulin production

"Coffee should be taken with little or no sugar for ideal outcomes"

-Janani G.V

Consultant nutritionist,
Puducherry



Health benefits

coffee consumption is associated with a reduced risk of several diseases, including type 2 diabetes, and liver conditions, improved cognitive function and reduced risk of depression



Timing it right

Since caffeine increases alertness and delays melatonin production (the sleep hormone), it is best to avoid coffee 5-6 hours before sleeping. The best time to have coffee is between 9.30am and 11.30am or an hour after waking up and not immediately



Coffee and heart health

2-3 cups of decaffeinated, ground, and instant coffee per day significantly reduces cardiovascular incidents.

Caffeine And Health

L Reisser



Caffeine And Health:

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