

# For Caffeine Lovers: The Benefits and Disadvantages of Coffee



Back in 2013, 83 percent of adults consumed coffee in the U.S. Although the numbers dropped, it doesn't mean there aren't still millions of Americans getting their cup of joe fix each morning. Now more than half of Americans drink coffee every day, and it remains a question as to whether coffee is good or bad for you.

## Coffee Nutrition Facts

One eight-ounce cup of regular coffee is about 2.4 calories and has 0 grams of fat and sugar.

Along with those low numbers are the nutrients found in a cup of coffee:

- Vitamin B2 - 0.2 mg (11% DV)
- Pantothenic acid - 0.6 mg (6% DV)
- Potassium - 116 mg (3% DV)
- Manganese - 0.1 mg (3% DV)

The level of caffeine in your coffee depends on the type of bean used, the manufacturer, and the method of making it. The USDA states there is about 95 mg of caffeine in an eight-ounce cup. But if you get the same size from Starbucks, the caffeine levels may be higher.

And of course you will see more calories, fat, and sugars when you add creamer, milk, and/or sweeteners to your coffee. Your favorite beverage typically becomes less healthy when you use creamers with unnatural ingredients and too much sugar. I personally enjoy my cup of coffee with three packets of raw cane sugar and  $\frac{1}{4}$  cup of almond milk, but you'll catch me drinking coffee once every few months, so I try not to be too crazy over the nutrition facts.



But for those who drink coffee multiple times per day, it might be a good idea to swap out white sugar and unhealthy creamers for a healthier milk and sweetener for those who do take it with milk and sugar. We will go into some alternatives a little later on. Right now, let's dive into what we really want to know. Is coffee good or bad for you? Let's dig a little deeper into the benefits and risks of consuming coffee.

# Benefits of Coffee

With coffee scrubs in the beauty department and thousands of coffee shops opening every year, coffee is definitely here to stay. Two studies were published in the Annals of Medicine in July 2017, and found that coffee seems to promote a longer life.

One study showed that non-white populations who drank two to four cups of coffee resulted in an 18 percent lower risk of death compared to non-coffee drinkers. Drinking more coffee also seemed to lower risk of dying from cancer, heart disease, stroke, kidney disease, or diabetes.

The second study looked at people living in 10 European countries and found that the top coffee drinkers were 25 percent less likely to die during the 16-year-study compared to non-coffee drinkers.

Coffee beans have a high level of disease-fighting antioxidants that reduces inflammation, which is the root cause of many diseases. Here are some benefits that have been researched to link to coffee:

- Improved heart health
- Fight depression
- Lower risk of certain gastrointestinal diseases
- Increased energy and concentration
- Cancer protection
- Protect against neurodegenerative diseases

But be careful not to get caught up with these amazing benefits because drinking more than two or three cups could increase blood pressure, especially for those with borderline or high readings.

# Disadvantages of Drinking Coffee

What, you didn't think there'd be any risks with drinking coffee? Here are a few:

- Acidity of coffee is associated with digestive discomfort, indigestion,

heartburn, GERD, and dysbiosis (imbalance in gut flora)

- Elevated urinary excretion of minerals like calcium, magnesium, and potassium, which causes an imbalance in the electrolyte status, which in turn lead to serious systemic complications
- Coffee is dehydrating, so make sure you're also drinking water
- Caffeine withdrawal can also mimic signs of caffeine overdose: headaches, decreased energy, drowsiness, depressed mood, etc.

I think coffee will always be one of those things where people think it's good for them, while others think the complete opposite. Take me for example, I can't drink first thing in the morning because I get stomach aches, and I get jittery if I have more than one cup. That's why I stick to fresh squeezed juices. But I have friends who can't go through a day without at least two cups of joe per day.

From the research findings, consuming a moderate amount of coffee seems to be more beneficial than harmful. It's also worthy to note to try and stick to organic coffee beans if you're really concerned with how it affects your health.

## **Switch Out Your Coffee Creamer With Camel Milk**

Camel milk has 5 grams of protein per cup, which equates to 10 percent of the suggested daily intake of protein. Aside from it being only 110 calories per serving, here are the other nutrients packed in camel milk:

- Potassium
- Calcium
- Folate
- Phosphorus
- Thiamin
- Zinc
- Selenium
- Vitamins A, B, C, D, E, K

Instead of using creamers, half and half, or whole milk, try milk alternatives like coconut milk, almond milk, or soy milk. And if you sweeten your coffee, you

could swap out white sugar with honey, stevia, or raw cane sugar.

You can buy camel milk online from Desert Farms!