



The Facts about Caffeine and Coffee

Caffeine gets a lot of bad press, often being accused of increasing the risk of cardiovascular disease and kidney or bladder cancer. While some experts continue to claim that there are many negative effects, several studies show that consuming coffee may also have certain advantages for your health... So where does the truth lie?

First of all, how much do you drink?

It is well known that caffeine is a stimulant. However, what you should also know is that to get the most benefits without overdoing it, you should not consume more than 200 to 300 mg per day.

Light consumption : 1 cup of coffee per day, about 180 mg of caffeine

Moderate consumption : 2 to 3 cups of coffee, from 360 to 540 mg per day

Excessive consumption : 3 cups of coffee or more, about 540 mg of caffeine or more

Careful! Don't forget that tea, soft drinks and certain foods also contain caffeine.

Coffee: the good

Recent studies have shown that moderate coffee drinkers are less at risk of developing Alzheimer's disease and type-2 diabetes. Caffeine may also help reduce the risk of getting Parkinson's disease.

People who drink a lot of coffee may have 40% less risk of developing gout (a type of arthritis), while for small and moderate coffee drinkers, this decrease would be 8%. At three cups per day, coffee may protect against alcoholic cirrhosis and could potentially slow down the progression of chronic hepatitis C.

You may be surprised to learn that coffee is also an excellent source of antioxidants. Research has shown that a cup of coffee contains many more antioxidants than grape, blueberry, raspberry or orange juice.

The other side of the coin

On the other hand, coffee can cause gastric reflux and heartburn in those who are sensitive to these conditions. It can also increase blood pressure. It is therefore not recommended for those who suffer from high blood pressure to drink too much coffee.

Excessive consumption of coffee (540 mg or more per day) can increase urinary excretion of calcium and the risk of osteoporosis, especially in those whose calcium intake is already deficient.

The effects of caffeine on quality of sleep are well known. That is why it is recommended to not drink coffee in the 4 to 6 hours before going to bed. Please note that for some people, caffeine can create anxiety, while in others it will have a calming effect.

Did you know that consuming coffee during a meal can significantly reduce your absorption of iron? This is caused by tannis, an organic substance found in many vegetables. Persons who suffer from anemia should have their coffee (or tea) one to two hours after their meal.

Coffee addiction: myth or reality?

Based on the criteria of the World Health Organization, coffee does not create an addiction as such. However, it does have a psychological effect: by stimulating pleasant sensations, coffee can become a source of comfort on a daily basis. Some environmental factors can contribute to greater coffee consumption, such as stress for example.

Caffeine and pregnancy: a good mix?

Studies have not yet clearly shown that caffeine consumption during pregnancy can harm the fetus. Nevertheless, it is recommended for expecting mothers not to drink more than 1 to 2 cups of coffee per day. Women who have had one or more miscarriages or who have difficulty getting pregnant are recommended to avoid caffeine consumption entirely.

Caffeine content of certain foods

- 1 cup of filtered coffee — 179 mg
- 1 cup of decaffeinated coffee — 3 mg
- 1 cup of tea — 50 mg
- 1 cup of regular soda — 36 to 46 mg
- 1 cup of «diet» soda — 39 to 50 mg
- 1 serving of chocolate mousse — 15 mg

Sources :

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