

# Sipping Smart

## THE BUZZ ON COFFEE CONSUMPTION

Coffee, enjoyed hot or cold and brewed from roasted beans, offers more than just great flavor. It contains several key components:

- **Caffeine:** 80–100 mg per 1 cup (8 fl oz) boosts alertness.
- **Antioxidants:** protect cells from damage and reduce inflammation.
- **Key Nutrients:** offer small amounts of potassium, niacin, and magnesium.
- **Water:** contributes to daily fluid needs.

### Potential Health Perks

- Moderate coffee intake has been associated with a lower risk of cardiovascular disease, Type 2 diabetes, and Parkinson's disease.
- May enhance focus, alertness, and coordination.
- Can support physical performance, both aerobic endurance and muscular power

### Smart Coffee Habits

- **Limit intake** to 3–4 cups per day (~400 mg caffeine).
  - Remember to account for other caffeine sources like tea, soda, and energy drinks.
- **Avoid coffee 6–8 hours before bedtime** to not interfere with sleep quality.



### What's in your Cup?

- Choose nonfat, 1% milk, or unsweetened plant-based milk over full fat dairy.
- Skip whipped cream and top with cinnamon or other spices instead.
- Reduce added sugar by choosing unsweetened coffee or opting for half the flavored syrup.
- Watch specialty drinks (mochas, flavored lattes, blended coffees), they can contain meal-level calories with limited nutrition.



### Know Your Limit

Coffee can cause unwanted symptoms in some individuals, often when there is too much caffeine consumed.

- Gastrointestinal issues
- Shaking, irritability, increased heart rate or blood pressure
- Headaches, fatigue, or low mood
- Difficulty falling or staying asleep