



Caffeinated and Educated: The Scoop on Coffee

For many people across the world, coffee is an important part of their morning ritual. Coffee is by far the most popular choice of caffeine for adults across the globe, making caffeine the most widely used psychoactive substance. Yes, caffeine is considered a drug!

Caffeine may improve memory, attentiveness, and mood due to its effect on the central nervous system. Many people drink coffee to increase their energy or alertness. The average cup of coffee has 95 mg of caffeine. The recommended dietary allowance for caffeine is 400 mg per day. Caffeine has a half-life of 3–7 hours. This is why experts recommend cutting off caffeine intake in the afternoon.

Caffeine has also been studied for its impact on certain diseases and conditions. Moderate coffee consumptions (3–5 cups per day) has been linked to reduced risk of cardiovascular disease and Parkinson's disease. Research has also shown that coffee can assist with the management of Parkinson's disease.

For individuals with acid reflux, coffee may need to be limited. The combination of acidity and caffeine can worsen reflux symptoms. If you can't completely cut out coffee, add low fat milk or creamer to your coffee to reduce symptoms.

For most people, coffee is a safe and enjoyable way to start the day and may even have some health benefits. Check out this fun coffee popsicle to beat the heat this

Recipe Idea:



Coffee Ice Pops

Did you know?

- ♦ Although 1 cup = 8oz, one cup of coffee is considered 6oz!
- ♦ Why does coffee make me go? Acids present in coffee stimulate gastrin and cholecystokinin that result in muscle contraction in your digestive system.

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