

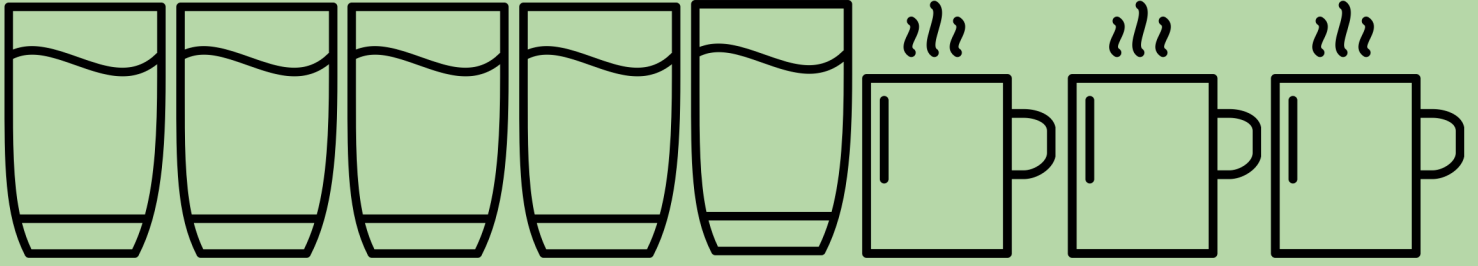


Best reasons to drink coffee



Good news for coffee drinkers:

You need 72 to 104 ounces of water a day. Coffee counts, up to 40 ounces a day.



Benefits



Good source of:

- Antioxidants
- Potassium
- Magnesium
- Water



May decrease risk of:

- Kidney stones
- Gallstones in men
- Suicide in women
- Cirrhosis of the liver
- Alzheimer's disease
- Parkinson's disease



Two cups of coffee beforehand can cut post-workout pain by

48%



Decreases risk of Type 2 Diabetes by

9%

Colorectal cancer by

26%

Liver cancer by

29%

Cautions

When you should limit coffee



People with some **heart conditions**

If you are **pregnant**

Children 12 or under

If you have **acid reflux or heartburn**

If you have **insomnia or anxiety**

If you breakdown **caffeine slowly**



If you have high cholesterol, use a paper filter

Increase in cholesterol if coffee, like espresso, is made without a paper filter:

10%

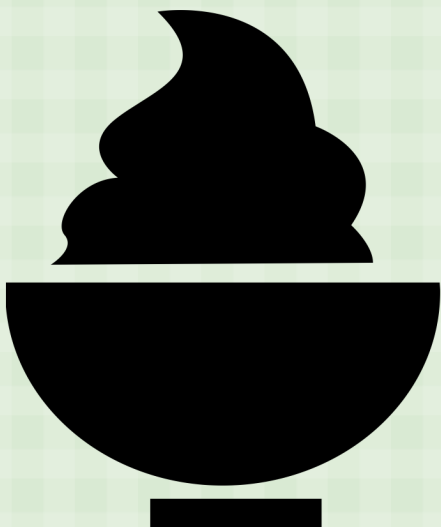
If you have anemia, drink coffee between meals.

Amount of iron absorption blocked by regular or decaf coffee if consumed with a meal:

35%

Calories count

Don't let your coffee turn into dessert



8 ounces

- Brewed coffee **2 calories**
- Instant coffee **4 calories**
- McDonald's latte **170 calories**
- Starbucks cafe mocha, 2% milk (no whip) **150 calories**

Extras (1 Tbsp.)

- Sugar **48 calories**
- Liquid flavor non-dairy creamer **35 calories**
- Powder plain, non-dairy creamer **33 calories**
- Half & half **20 calories**
- Fat-free milk **5 calories**

Sources