

# Coffee Facts & Figures



## Drink To Your Health

(NAPSA)—If you're like 64 percent of Americans, you drink a cup of coffee every day.

While many coffee drinkers still prefer their coffee black in its most natural form, coffee tastes have evolved over the years. Today, the market offers many caffeinated beverages formulated with sugar and fat that add calories and can offset the inherent benefits of caffeine, such as alertness and a feeling of increased energy.

Health-conscious consumers, however, are making dramatic changes to their diet and choosing food and beverages that not only taste good but offer nutritional benefits as well. There is an almost endless number of new drink products that provide more than great taste—they help people reduce calorie intake and fuel their day. Recently, the coffee category has started growing with novel alternatives to sugary coffeehouse beverages with healthy ways to start the day or provide an afternoon pick-me-up.

While people drink coffee throughout the day, they are, increasingly, seeking something more than a caffeine pick-me-up. Alternatives are available that are great tasting, low fat, packed with protein and deliver a feeling of energy all in one. Coffee drinkers who want alternatives to sugary drinks, as well as something that offers nutritional benefits, are turning to Herbalife Nutrition High Protein Iced Coffee. It contains two grams of sugar and no artificial flavors or added colors. The 100-calorie drink mix is big on taste and provides 15 grams of protein and 80 mg of caffeine per serving.

"Everyone loves the refreshing taste of iced coffee but not the calories and sugar that come with many coffeehouse options," said Susan Bowerman, MS, RD, CSSD, CSOWM, FAND, Senior Director of Worldwide Nutrition Education and Training at Herbalife Nutrition. "Our high-protein iced coffee is the perfect healthy snack and is a great



**You can enjoy a refreshing pick-me-up without drinking something loaded with fat and sugar.**

alternative that can be enjoyed at home or on the go."

Bowerman offered some additional delicious and nutritious beverage suggestions:

### Digestive Health

Gut health is a hot topic as people try to find new ways to keep the body in balance by consuming foods and beverages that support a healthy digestive system. Kombucha, vinegar and probiotic-enhanced drinks continue to garner a lot of interest to support a healthy gut. However, many probiotic drinks are filled with sugar to counter the taste of yogurt. A healthy, old-fashioned option to aid digestion is to keep hydrated by drinking a lot of water. Drinking too little water slows down the digestive system. Perhaps best of all—water has zero calories.

### Sugar Reduction

Obesity rates in the U.S. continue to soar. Fortunately, it can be easy to cut sugary drinks out of the diet and swap with lower-calorie options. Instead of hitting the juice bar, consider replacing juice with fruit.

### Learn More

For more facts and tips, go to [www.herbalife.com](http://www.herbalife.com).