

# COFFEE

## FACTS & FIGURES

### Five Healthy Facts You May Not Know About Coffee

(NAPSA)—Coffee lovers may perk right up when they hear the latest research brewing about their favorite bean.

It seems coffee really is good for you. Here are a few surprising facts from the scientific research:

**1. Coffee is rich in antioxidants and fiber.** The No. 1 source of antioxidants in the American diet is not blueberries or broccoli. It's coffee. Your morning cup of joe packs a wallop of antioxidants to protect cells.

No other beverage or food even comes close. And coffee's antioxidants stay more active in our bodies.

Coffee also has more fiber than orange juice. In a recent Spanish study, scientists concluded that "brewed coffee contained a significantly higher amount of soluble dietary fiber than other common beverages."

**2. Coffee can help you get in shape.** Research shows coffee may be especially useful for athletes engaged in sports, such as swimming, running or cycling. Coffee may increase stamina, reduce fatigue and even lessen muscle pain. For many people, experts say that a cup or two of coffee 30 to 60 minutes before a workout may do the trick.

**3. Coffee can help you work out your mind.** Whether you're doing a crossword puzzle, studying, playing bridge or reading, coffee can help you better perform tasks involving memory and logical reasoning.

Evidence shows drinking coffee enables test takers to score higher



**The next time you drink to anyone's health, you may want to raise a cup of delicious, healthy coffee.**

even when they are under stress.

**4. Coffee is just as hydrating for your body as water.** Having trouble drinking those eight glasses of water every day? No problem, if you like coffee.

**5. A cup of coffee can help protect you from disease.** Scientific studies have found that drinking coffee lowers the risk of getting type 2 diabetes.

Research shows that coffee drinkers show much less liver damage, even if they're at higher risk due to cirrhosis, hepatitis or alcohol abuse—and that coffee also reduces the risk of liver cancer. Other research indicates that coffee may help prevent Parkinson's disease, prevent cognitive decline in older men and reduce the risk of Alzheimer's disease.

For flavorful, healthful food creations, try the coffee recipes at [www.coffeescience.org](http://www.coffeescience.org).