

# News Of Nutrition

## Harnessing The Healthy Power Of Coffee

(NAPSA)—A few cups of coffee a day may do much more than fuel that early-morning energy oomph. The latest wave of scientific evidence suggests drinking coffee offers numerous health benefits that contribute powerfully to a balanced diet, an active lifestyle and overall well-being.

Until recently, the health impact of the world's most popular beverage has been hotly debated. However, better and more well-designed research is now telling a much clearer story, one that has coffee enthusiasts celebrating.

Helping shape this sharper picture have been eye-opening reports by the U.S. Dietary Guidelines Advisory Committee released just this past year. Scientists conducted a comprehensive analysis of all the latest evidence surrounding coffee as it relates to health. Included was a review of more than three dozen studies involving 1.2 million-plus participants. Following the assessment, the nation's top nutrition panel made history by giving the thumbs-up for people to enjoy coffee in a "moderate range," defined as three to five cups per day for adults.

It turns out that when scientists honed in on coffee—just coffee, without trans fat-ridden creamers, syrups and sugars—the results were clear. A cup of joe can have a very healthful effect, such as enhancing exercise performance. But there are also strong indicators tying coffee to other benefits, such as an association with better cardiovascular, metabolic and brain health long term.

This is great news for java lovers everywhere, and there are lots of them. Americans alone consume 400 million cups of coffee per day, making the U.S. the leading consumer of coffee in the world, according to the National Coffee Association. Globally, the total is estimated between 1.5 and 2 billion cups daily.

"Today's science now shows us that coffee can be quite healthful, and that's fantastic since there are so many of us who enjoy it," said registered dietitian and nutritional counselor Jaimie Lopez, RDN. "But this means drinking sensibly. Black coffee is



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best. When you start throwing in things like sweeteners, a healthful pick-me-up can quickly turn into a high-calorie concoction."

So not only does coffee deliver natural caffeine to the body for an energy boost, but many negative misperceptions about the beverage's impacts to overall wellness and fitness are also being debunked. In fact, the data findings by the Dietary Guidelines Advisory Committee point to just the opposite—that the brew can actually help support and protect mental and physical well-being.

The healthy power of coffee is a welcome delight for millions. It not only tastes good, it can also be good for you. So much so that it is emerging as an integral part of healthful living.

"The right type of coffee consumed responsibly can definitely be a tasty and healthy part of daily life," said Suk Cho, Ph.D. and Chief Science Officer with Isagenix, a leading global health and wellness company. A provider of nutritional systems and solutions for energy, performance and weight loss, the company recently expanded its product offerings to include a line of premium and organic, slow-roasted coffee.

"This isn't a green light to drink as much coffee as you want. Coffee consumed in excess or in the evening is linked to poor sleep, insomnia and other risks. But in moderation, it can absolutely provide a safe and satisfying boost for your brain and body," said Suk.

So now millions can enjoy their daily dose of coffee while simultaneously drinking to, and for, their health. For more information about the healthy power of natural caffeine and coffee, visit [www.isagenix.com](http://www.isagenix.com).