

# Coffee – the science behind your fix

*An Australian adult drinks 300 cups of coffee or 3 kg coffee beans each year. We have our morning coffee, the mid-morning coffee run with our colleagues and our afternoon pick-me-up coffee to get us through the rest of the day. But what is in our coffee and is it healthy?*

## How healthy is coffee for us?

There is no evidence to date to say that moderate coffee drinking is harmful to adults. Moderate coffee drinking is the equivalent of 300-400 mg caffeine per day. Pregnant and breastfeeding women are advised to limit their caffeine intake to 200mg per day.



## Moderate caffeine intake:

- may reduce the risk of developing type 2 diabetes by 20-25%
- may have a protective effect against cardiovascular disease
- may reduce the risk of developing liver cancer
- has been increasingly linked with reduced risk of development of Alzheimer's disease
- does not encourage dehydration in regular coffee drinkers
- does not induce high blood pressure

## How much caffeine is in your drink?

	Drink	Serve size	Caffeine content (mg)
Coffee	Instant	250ml	60-80
	Latte/cappuccino	250ml	113-282
Tea	Espresso	1 shot (30mls)	107
	Black tea	250ml	25-110
	Green tea	250ml	30-50
Other beverages	Energy drink	250ml	80
	Cola	375ml	36-48
	Dark hot chocolate	100g	59
	Milk hot chocolate	100g	20

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## What is in our coffee?

### Sugars and syrups

If you are a coffee drinker, how do you take your coffee? Are you adding sugar or sweetened syrups to your coffee? These sweeteners and flavourings can quickly add up kilojoules to your coffee!



### Milk coffees

Are you drinking milk-based coffees such as flat whites or lattes? Did you know that a large takeaway latte has approximately 400 mls of milk? That provides 1770kJ - 20% of the average adult's daily energy requirement (8700kJ per day), along with 21g fat. If you drink two of these each day with one sugar in each, that packs a 3668kJ punch and 42% of the average energy requirement.



**Hot tip:** To avoid consuming excess energy, choose small sizes for your milk-based coffee. You will receive all the nutrition and benefits of milk and coffee whilst cutting your kilojoule intake by 50%.

Do you want to know more about healthy eating? We are here to help!

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