

Freelance
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The Effects of Coffee Intake: The Pros and Cons

Nothing beats having a cup of coffee to start the morning ritual before heading to work. The caffeine hits with the boost of energy and you feel incredible. The day goes on and the grogginess sets in, so it's time to grab another cup. It goes from having 2 cups to 10. Coffee intake can lead you towards a positive direction but at what cost? We will be going over the effects of coffee on the body and indicating how much is too much.

Pros

Consequently, there are more health benefits from coffee than you might expect! Caffeinated and decaffeinated coffee organically include polyphenols which behave as antioxidants to reduce oxidative stress. It leads to improved antioxidant responses and reduce inflammation coinciding with cancer prevention according to the American Institute for Cancer Research. The caffeine from coffee can be an antidepressant for some because of the dopamine being released.

Consuming about 6 cups or less improve alertness and reduce anxiety. No wonder people drink coffee before or during tasks! Well, there are limitations on what your body can handle, and everyone is different. For instance, caffeine is absorbed into the body within the first 45 minutes of consumption and can be in the blood between 15 minutes to 2 hours!

The timeframe of how quickly it sets in determines if you should consume on an empty stomach or with food. Drinking on an empty stomach will give the burst of energy needed for the day. Particularly the amount of caffeine you receive from a café may differentiate from your brew at home. It depends on the coffee bean used and how you prepare it. Specifically a shot of espresso is higher concentrated by having a small volume of water compared to brewing a cup. The cup has fewer acids and a less bitter taste. "One 8-ounce cup of brewed coffee contains about 95 mg of caffeine. A moderate amount of coffee is generally defined as 3-5 cups a day, or on average 400 mg of caffeine, according to the Dietary Guidelines for Americans."

If you were to go to a café it is likely the serving size will be between 16 to 20 ounces, but technically a cup of coffee is determined to be 8 ounces. A 1-ounce serving of espresso has 65 mg of caffeine which allows the average consumer to have six shots a day. Both forms of brew help lower the risk of heart disease, stroke, and activate metabolism. It is not necessary to drink more to have the health benefits because everyone reacts differently with caffeine. Decaffeinated coffee is best if you are sensitive to effects of caffeine and still provides the same health benefits. Avid coffee drinkers also lower the risk of type 2 diabetes because the magnesium in coffee improves the insulin in the body. Another incredible benefit is the prevention of cholesterol forming crystallization in the gallbladder. The gallbladder is stimulated to have contractions more frequently to increase the flow of bile to forgo the collection of cholesterol. Other drinks like tea or soda do not have the same results from the caffeine they contain. Overall, if you keep track on how much coffee you have in a day it will be beneficial!

Cons

Despite the benefits found in black coffee, lattes with added sugar and milk adds calories. Here are some precautions to consider. Those who have high blood pressure will need to observe how much caffeine they have throughout the day. Developments of caffeine tolerance can occur and reduce stimulants unless the amount consumed increases. Furthermore, caffeine is a stimulant which affects the central nervous system and leads to “anxiety, restlessness, insomnia, and increased heart rate,” as stated by The Nutrition Source. The extra boost will benefit in short term; however, the jitters and heart palpitations may occur. Espresso coffee contains moderate amounts of diterpenes which raises bad LDL cholesterol and triglycerides. If you want to take action to stop consuming an excessive amount of coffee, proceed slowly. The sudden end can leave your body feeling fatigued, more headaches, feeling irritable, and low moods. After a few days or a week these will subside.

In short, coffee is a personal journey on what works best for you. The pros and cons will help inform what will happen drinking the delicious beverage we have as our morning routine.

Citations

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