



Bringing liver research to life

Summer 2012



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## Tip of the Month

### Coffee: 3 Cups a Day, May Keep Liver Disease Away

If you've ever stood in line at your local Tim Hortons or Starbucks, it won't surprise you to learn that coffee is Canada's favourite beverage. According to the Canadian Coffee Association, 63 per cent of us drink an average of 2.6 cups per day.

Research has shown that coffee can be a good for the liver and that drinking moderate amounts of coffee (3-4 cups/day) can actually help prevent [cirrhosis](#), [liver cancer](#) and [fatty liver disease](#) as well as lead to better response to treatment for people with liver disease.

If you've ever felt guilty about the number of times you fill your cup, you will be happy to know that not only does coffee have liver health benefits but it also helps contribute to your health in other ways

- Coffee has no carbohydrates, protein or fat, but it does contain many antioxidants – as many as in green tea – which may protect from certain diseases. It has only two to three calories per cup – without milk or sugar – and contains fibre, magnesium and certain B vitamins.
- Coffee has been linked with a reduced risk of Type 2 diabetes. The effects are associated with antioxidants in the coffee as well as minerals such as magnesium and chromium, which help the body use the hormone insulin, which controls blood sugar (glucose). In type 2 diabetes, the body loses its ability to use insulin and regulate blood sugar effectively.
- Coffee has been linked to lower risks for heart rhythm disturbances (a risk factor for heart attacks and strokes) in men and women, and lower risk for strokes in women.
- A higher consumption of coffee has been linked with a decreased risk of Parkinson's as well as dementia, including Alzheimer's disease.



It is important to note that much more scientific research still needs to be done to determine exactly why coffee benefits our health in all these various ways and how much is required in each case to achieve the positive results. In the meantime, the best approach is moderation.

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