



History of Coffee

- Originated in northeast Africa and spread to Middle East
- Legend of Kaldi the goat herder
- Most consumed beverage in the world

2.25 billion cups consumed per
day worldwide



Why We Drink it

- Energy
- Habit
- Social reasons
- Bowels
- Sweetness
- Appetite suppressant
- Comfort

What's in Coffee

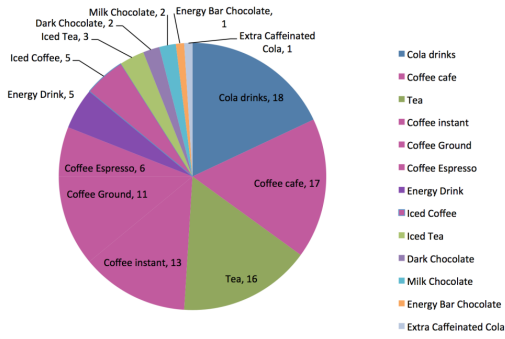
- Water
- Caffeine (methylxanthine)
- Antioxidants
- Acids



Method of Preparation

- Drip
- Espresso
- French Press
- Instant

Share of caffeine consumption Last 7 Days



Type of coffee	Size	Caffeine
Brewed	237 mL	95-200 mg
Brewed - decaffeinated	237 mL	2-12 mg
Espresso	30 mL	47-75 mg
Espresso - decaffeinated	30 mL	0-15 mg
Instant		27-173 mg
Instant - decaffeinated		2-13 mg

Adapted from Journal of Food Science 2010

Caffeine is the most consumed
drug in the world

Benefits

- Energy
- May help with diabetes
- Increased alertness and attention
- Weight loss
- Ergogenic aide
- Antioxidant
- Help constipation?

Dentriments

- GI Issues
- Decreases insulin sensitivity
- Increase in blood pressure
- Increase in stress hormones
- Addictive
- Possible CVD risk factors
- May increase anxiety
- May affect sleep
- Depletes nutrients

Be careful with studies

Problems

- Mostly epidemiological studies
 - Epidemiology is a correlative study
 - Correlation NOT causation
 - Many variables can be involved

Problems

- Animal studies
 - What type of animal
- Dose



Problems

- How's coffee prepared
 - Drip
 - Espresso
 - French press

Problems

- Depends who you are
- Genetics may play a role
- Medications can affect outcome

Benefits may be a double edge
sword



Signs you should NOT drink coffee

- Energy
- Reliance for bowel movements
- GERD
- Insomnia
- Anxiety

What Now?

Possible caffeine withdrawal

Withdrawal Symptoms

- Fatigue
- Depressive thoughts
- Weight gain
- Brain fog
- GI issues

Caffeine Detox

- Go slow
- Drink water
- Increase salt
- Eat breakfast
- Use green tea
- Use de-caf
- Avoid high carbs
- Exercise
- L-tyrosine

Guidelines for the Daily Drinker

- Drink water
- Increase salt
- Go organic
- Espresso vs drip
- Go black
- Use magnesium
- Keep honest

Most studied supplement for performance

Guidelines for Sports Performance

- Research shows 4-5 mg per kg
- Endurance
- Strength and power
- Fat burning
- Test drive
- Titrate down and up
- It's all about timing
