

Coffee: Is it good for you or not?



With so much consumption, it would be great if coffee was healthy.

The great news is that it is: coffee is actually pretty good for you. Regular brewed coffee gives you antioxidants² with benefits that have been linked with lower risk of some serious health conditions. Moderate coffee consumption—three to five cups per day—can reduce your overall mortality rate and more. It also lowers your chances of major conditions like:³



Cardiovascular
disease



Type 2
diabetes



Stroke



Respiratory
disease



Cognitive
decline

However, with the positive often comes the negative. Some of the properties of coffee can affect certain groups adversely. Be aware of:

Caffeine

One eight-ounce coffee contains about 95 milligrams of caffeine. People who have trouble sleeping or controlling their blood pressure may want to limit their intake. Pregnant and breastfeeding women are also advised to limit or avoid caffeine.

Excessive sugar

Any of the chain-store drinks that end with “-accino” contain sugary syrups and sweetened milk or milk alternatives. Some of these beverages top out at more than 100 grams of sugar. To put it in perspective, the Dietary Guidelines for Americans’ recommendation for an adult is no more than 30 grams of added sugars per day.⁴

Cafestol and kahweol oil

Unfiltered coffee, like French press or Turkish coffee, contain these oils.⁵ They have been associated with a raised LDL, or “bad,” cholesterol.

By making smart choices and enjoying in limit, coffee can remain a feel-good habit that delivers more than just a caffeine boost.

Try these recipes for some of the trendy ways to drink coffee.

Magical cold-brew coffee

Serves 2 | Prep: 8-12 hours

Cold-brew coffee is considered better tasting than coffee that is brewed and then iced. The no-heat brewing process creates a smoother, less acidic coffee.⁶

Ingredients

- 3 cups water
- ½ cup coarsely ground coffee
- 3 Tbsp dark brown sugar
- 1 tsp ground cinnamon

Preparation

In a quart jar, stir the water, coffee, brown sugar and cinnamon. Cover and refrigerate overnight. Pour the coffee base through a fine-mesh sieve or strainer into a medium bowl, then strain it back into the jar for easy storage. When you're ready to drink it, fill a tall glass halfway with ice. Pour in the coffee until the glass is about three-quarters full. Add creamer or milk to taste.



Nutrition (for coffee brew alone)

Per serving



Calories: 70 | total fat: 0 g | saturated fat: 0 g | sodium: 5 mg | cholesterol: 0 mg
total carbs: 18 g | fiber: 0 g | sugars: 18 g | protein: 0 g | potassium: 24 mg

Dalgona coffee

Makes 1 serving | Prep: 5 mins

This whipped coffee is internet famous and surprisingly easy to make.⁷ It's an impressive result for so little time invested. Serve hot or cold.

Ingredients

- 2 Tbsp instant coffee
- 2 Tbsp hot water
- 1 Tbsp sugar
- 1 cup unsweetened milk
- (brown, granulated, coconut, etc.) of your choice



Preparation

Place coffee, sugar and water in a blender and mix for 3-4 minutes until it's frothy OR mix with a battery-operated milk frother. Place milk in a tall glass (if serving warm, you can use a mug), then spoon the coffee whip on top. Mix vigorously.

Nutrition

Per serving



Calories: 133 | total fat: 1 g | saturated fat: 0 g | sodium: 101 mg | cholesterol: 7 mg
total carbs: 24 g | fiber: 0 g | sugars: 24 g | protein: 9 g | potassium: 412 mg

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¹<https://www.ncausa.org/Newsroom/More-Americans-Drink-Coffee-Each-Day-Than-Any-Other-Beverage-Bottled-Water-Back-in-Second-Place>

²<https://www.eatright.org/health/wellness/healthful-habits/benefits-of-coffee>

³<https://pmc.ncbi.nlm.nih.gov/articles/PMC12348139/>

⁴<https://www.cdc.gov/nutrition/php/data-research/added-sugars.html>

⁵<https://pmc.ncbi.nlm.nih.gov/articles/PMC12283274/>

⁶Inspired by <https://food52.com/recipes/2018-best-magical-coffee>

⁷Inspired by <https://blog.blueapron.com/guides/dalgona-coffee>