

## **IS COFFEE GOOD FOR YOUR HEALTH?**

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Coffee is one of the world's most commonly consumed beverages at all ages. People usually think of its ability to help them feel less lethargic, and invigorated. But the question is, is coffee good for your health?

Drinking coffee moderately seems to be good for most people. The United States Food and Drug Administration (FDA) has cited an upper limit of 400 milligrams caffeine a day, equivalent to four or five cups of coffee, may have lower risk of health problems.

In 2009, the International Journal of Cardiology concluded that drinking coffee with a moderate amount of caffeine may protect against heart failure. The study showed those who drank three, or four cups of coffee a day had lower risk of heart failure than those who did not.

Drinking coffee may also prevent diabetes. According to a recent 2018 study, entitled 'Coffee Consumption and Reduced Risk of Developing Type 2 Diabetes: A Systematic Review With Meta-Analysis', indicated that those who drink three to four cups of coffee a day had 25% lower risk of developing type 2 diabetes, than those who consume none or less than 2 cups a day. Similarly, those who consume caffeine may pose a lower risk of diabetes.

For your information, caffeine is most commonly found in coffee, tea, soft drinks, energy drinks as well as chocolate. Is caffeine safe? Decades of research have found that moderate amounts of caffeine can be part of a healthy diet and does not harm one's health. However, if too much, caffeine may pose a danger to your health, even having lethal side effects.

In May 2017, a healthy 16 year old teenager from South Carolina, Davis Cripe, died due to caffeine-induced cardiac arrhythmia. He was reported to have collapsed at a high school after drinking a McDonald's latte, a large Mountain Dew soft drink, and an energy drink in just under two hours.

Richland County Coroner, Gary Watts said that Davis consumed about 470 milligrams of caffeine a day in a short space of time. According to the European Food Safety Authority (EFSA), drinking more than 400 milligrams in a short space of time is risky, and could lead to increase heart rate, higher blood pressure, irregular heartbeat, nervousness, panic attacks, and insomnia.

Therefore, drinking four or five cups of coffee, with a maximum of 400 milligrams of caffeine, is not associated with dangerous and negative health effects. Do control your coffee cravings!

