



Great news about coffee!

Our #1 Source of Antioxidants

That coffee you're enjoying doesn't just taste great – it's also good for you! In fact, coffee is the number one source of antioxidants in the American diet.¹ That's according to Dr. Joe Vinson, a scientist who studies the antioxidant content of foods.

When Good Cells Go Bad

Oxygen interacts with our body's cells every minute, round the clock. This exposure to oxygen is normal and necessary for the renewal of healthy cells to fight disease. But often the process goes wrong in a process called oxidation. In that case, a damaged cell, called a free radical, is created and attacks other cells. This can cause big problems – speeding up the aging process and harming DNA in a way that can trigger the start of heart disease, cancer, stroke or even Alzheimer's disease.

Luckily, antioxidants – substances in a wide range of foods and drinks made from certain plants – can come to the rescue. They neutralize the free radicals, helping prevent some of the damage they might cause.

While you may have read that antioxidants are found in tomatoes and blueberries, broccoli and green tea, we now know that coffee is the number one source of antioxidants consumed from coast to coast.

Optimizing the Antioxidants

In addition, it's good to know what you can do to get the most out of the antioxidants you consume. For example, scientists have found that adding milk may block antioxidants' beneficial effects in tea. But that weakening effect doesn't happen when you drink coffee with milk² the antioxidant content stays strong in both regular and decaffeinated coffee.

Other ways to reduce free radicals in your body include limiting exposure to external substances like pesticides or tobacco smoke and avoiding excessive amounts of alcohol – all of which can damage cells quickly and repeatedly.³

Here's to Your Health

It's easy to boost the power of antioxidants in your daily life. Doctors recommend simple steps like eating a healthy diet rich in fruits and vegetables and limiting exposure to environmental toxins. Your morning cup of joe also packs a wallop of antioxidants to prevent cell oxidation and keep you healthy. So, take heart and enjoy!

¹Coffee and cardiovascular disease: In vitro, cellular, animal, and human studies. *Pharmacol Res*: 2007

²Addition of milk prevents vascular protective effects of tea. *Eur Heart J*: 2007

³Coffee drinking may benefit women's cardiovascular health. *Mayo Clinic Health Letter*: 2006



Which is the number one source of antioxidants in the American diet?

(If you guessed "coffee," you've learned something very valuable from this page!!)

