



# ON THE MENU: COFFEE



## HEALTH BENEFITS

**Due to the stimulant effect of caffeine, coffee drinkers have:**

19% lower risk of death from Cardiovascular Disease.

16% lower risk of death from coronary heart disease.

30% lower risk of death from stroke.

Lower risk of developing Parkinson's disease.

**Due to the antioxidant effects, coffee drinkers have:**

Lower incidence of prostate cancer, melanoma, colorectal cancer, leukemia, liver cancer and more.

Lower risk of chronic liver disease, fibrosis, and cirrhosis.

## HEALTHY ADDITIONS

per 1 cup (8oz) coffee



### CREAM

2 tablespoons or less

Fat free half & half

Skim or 1% milk

Coffee Mate

Average nutrition facts:

15 calories, 3 grams carbohydrates, 1 gram protein.  
0 grams fat



### SUGAR

1 teaspoon or less

Sugar

Sweeteners: Sweet & Low,

Splenda, Truvia

Average nutrition facts:

0 calories, 0 grams carbohydrates, 0 gram protein.  
0 grams fat