

The Caffeine Fix

Research reveals pros and cons about a caffeinated lifestyle: Which side are you on?

Caffeine ranks as one of the top most commonly consumed dietary ingredients in the world, according to the *Journal of Food Science*. Whether you get your fix from coffee, tea, soda, cocoa or other sources, it's clear that Americans have an ongoing love affair with caffeine, since we consume, on average, 300 milligrams (about 3 cups of coffee) per person per day. What are some of the positive and negative attributes of the daily brew?

People who drink 4 or more cups of coffee per day reduce their chances of developing Type 2 diabetes by **50%**.



Athletes who ingested carbohydrates with caffeine had **66% more glycogen** in their muscles 4 hours after exhaustive exercise than when they ingested carbohydrates alone.



Postmenopausal women who don't get enough calcium in their diets may experience spinal bone loss if their caffeine intake exceeds **300 mg per day.**

Caffeine causes short-term **blood pressure spikes** and can be dangerous for people with hypertension.



Researchers at the University of Georgia found that a moderate dose of caffeine (about 2 cups of coffee) may reduce postworkout pain by up to

48%.

Women who consume high levels of caffeine (329 mg per day) are **70% more likely** to have urinary incontinence than women who don't drink caffeine.