What’s the Deal With Caffeine?

Caffeine: Good or bad?! The news can be confusing, so check out these quick facts about your cup o’ joe!

**ANTIOXIDANTS**
Coffee is one of the biggest sources of antioxidants in the American diet, which may be disease preventing and anti-inflammatory.

**BRAIN FOOD**
Research shows that coffee may increase cognitive functioning...no wonder it’s a study session staple!

**SUGAR**
Coffee shop creations, energy drinks, and sodas can hide a LOT of fat and sugar, so be aware of what you’re guzzling!

**MIXING CAFFEINE**
Limited research on mixing caffeine with alcohol has shown negative effects such as heart problems and caffeine toxicity.

Source: http://www.eatright.org/resource/health/wellness/preventing-illness/benefits-of-java

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