

Mayo Clinic Minute

Health Benefits of Coffee

Video	Audio
	<p><i>((Nat sound coffee pouring))</i></p> <p>Coffee. It's a morning ritual for millions of people. And research shows it might do more for your body than just jump start the day.</p>
Donald Hensrud, M.D. Nutrition expert Mayo Clinic	"Coffee and caffeine may be good for you."
	Coffee's potential health benefits have been known for a while, says Mayo Clinic nutrition expert Dr. Donald Hensrud. And a recent Harvard study shows moderate coffee intake may lower the risk of premature death from certain illnesses.
Donald Hensrud, M.D. Nutrition expert Mayo Clinic	"Up to three, four or maybe even five cups a day of coffee may contribute to a decreased risk of type 2 diabetes, Parkinson's disease, liver disease, liver cancer, possibly heart disease."
	Decaf or regular are shown to both be beneficial. And the theory is that certain compounds in coffee decrease inflammation and insulin resistance. But be careful because coffee can cause unpleasant side effects for some people — heartburn, irritability or insomnia.
	So go ahead, pour yourself a cup of coffee. It may just help you live a healthier life.
Vivien Williams	I'm Vivien Williams and for more health news, visit the Mayo Clinic News Network.