

Mayo Clinic Minute

Why the 'bulletproof coffee' trend isn't a magic bullet

Video	Audio
Nat of coffee pouring... 11-08-2018 Clip No. 3 0:38	"Coffee can be a very rich source of antioxidants in many people's diets."
	Katherine Zeratsky is a dietitian nutritionist at Mayo Clinic. She says a little cream in your cup can add flavor and satisfying creaminess, but the "bulletproof coffee" trend has some holes in it.
Katherine Zeratsky Dietitian Mayo Clinic 01:27	"When you add things like butter and coconut oil to your coffee, you're adding a significant amount of saturated fat and a significant amount of calories."
	Therein lies the problem.
Woman adding butter – coconut oil – coffee to blender 05:35	A tablespoon or two of butter and coconut oil can instantly take that cup of coffee from 0 calories up to almost 500 calories. "We worry that those extra calories, and the imbalance it might be creating in your diet."
Woman pouring cup of blender coffee 02:30	And it's not just the calories. Butter and coconut oil are primarily a saturated type of fat. "It is known to raise our cholesterol, thus increasing our risk of heart disease and potentially other cardiovascular-related problems."
People drinking coffee	Zeratsky offers this advice ...
Shots of people sipping coffee Pieces of fruit ... 04:25	"... We know there's some good antioxidants in there. And it might help you get going with your day."
	For the Mayo Clinic News Network, I'm Ian Roth.