

Mayo Clinic Minute

Filtering coffee facts from fiction

Video	Audio
Vivien Williams	Ah, that morning cup of Joe. A must-do for many people. But can you drink too much?
Donald Hensrud, M.D. Healthy Living Program Mayo Clinic	"Coffee is associated with many different health benefits: Type 2 diabetes, reduced risk of heart disease, reduced risk of certain cancers, improved mood, reduced risk of depression, Parkinson's disease, the list goes on and on."
Vivien Williams	Dr. Donald Hensrud says even though there is a tiny bit of a substance in coffee, called "acrylamide," that's toxic in large amounts, the benefits of drinking coffee outweigh the risks.
Donald Hensrud, M.D.	"It's the highest source of antioxidants, and, so, even decaffeinated coffee has been associated with a reduced risk of Type 2 diabetes, similar to caffeinated coffee."
Vivien Williams	He says pregnant women and people who have side effects, such as headache, nervousness or heart palpitations, should limit caffeine.
Donald Hensrud, M.D.	"So drink what you enjoy. If you're susceptible to the effects of caffeine, decaffeinated coffee is an excellent choice."
	For the Mayo Clinic News Network, I'm Vivien Williams.