- Coffee

Nutrition

BETTER HEALTH, MORE ENERGY AND USEFUL, EXPERT-APPROVED ADVICE ON A PLATE



IN THE BLACK

Coffee tends to get a bad rap, but two new studies show that your morning latte could keep some types of cancer at bay and even prolong your lifespan. US researchers found that people who drank more than four cups of coffee a day had a 17 per cent lower risk of head and neck cancers and 22 per cent lower odds of throat cancer compared with non-coffee drinkers. When Portuguese scientists studied the impact of java on longevity, they discovered that consuming coffee regularly may add an average of 1.8 healthy years to a person's life. While the mechanisms behind both findings are uncertain, coffee's high antioxidant content likely plays a role. Make it a double shot!

WORDS: SABRINA ROGERS-ANDERSON. PHOTOGRAPHY: ISTOCK

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