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5/10/2020

Graduation Research Essay

Coffee: A Healthy Drink for a Healthy World

Coffee is one of the most popular drinks in the world, worth more than 100 billion dollars worldwide. It is the second most profitable commodity behind oil. Coffee is consumed all over the world, with Finland being the largest consumer per capita. In fact, most Scandinavian countries are in the top 10 consumers in the world, such as Norway, Iceland, and the Netherlands. With coffee being one of the most popular drinks in the world, it's no surprise that many people question its healthiness. Coffee can be healthy for many people because of its low-calorie count, effect on focus, and effect on lowering risk of severe disease.

Coffee is low in calories, using only the flavor from ground beans and hot water. Its low-calorie count may surprise you! According to Medical News Today (2020), regular black coffee contains only 2 calories. While adding sugar or cream will increase the amount of

calories it contains, drinking black coffee is almost like drinking water. Coffee's low calorie count is only one part of its healthiness.

Coffee can be beneficial for many reasons, from helping people to stay focused and alert, to helping them wake up and stay awake. This is primarily from a chemical called caffeine which is found in coffee. In small doses, caffeine can be extremely helpful to promote healthy brain activity, and keep a person focused. Coffee also helps to stimulate a person's digestive tract, nearly 64% more than just water, so coffee can be a great way to help with an upset stomach. The benefits of just one cup of coffee per day cannot be underestimated.

Some people think that coffee isn't healthy because too much caffeine can hurt the body. For example, according to Healthline (2020), high levels of caffeine can cause anxiety. It also increases the chance of insomnia in some people. Many doctors recommend people to stop drinking caffeine by early afternoon in order to sleep well (Doctor's Journal, 2015). Caffeine can also cause digestive issues in some people and can be addictive. Caffeine can cause many problems for the human body, and people who oppose drinking coffee often talk about the negative effects of caffeine.

Though people often debate about how healthy coffee is, I think that if taken in moderation, coffee is a perfectly okay and even beneficial drink. According to Healthline (2020), caffeine can be a very helpful chemical for humans. It helps us focus, stay alert, and stay awake. Though too much of it can be dangerous, I think the same is true for everything. According to many studies, if you only have one or two cups of low sugar coffee every day, you won't have any problems with your health. In my opinion, coffee is a great low-calorie drink, and as long as we don't overdo it, we'll be fine.

It's clear that coffee can be healthy for a number of reasons, from its low-calorie count to its ability to help focus. These health benefits are important because coffee is one of the most popular drinks in the world, and people still debate whether it is healthy or not. If coffee is considered a healthy drink, then people can drink it in moderation without fear. The best thing we can do for ourselves is to keep researching and trying to find how to live our best, healthiest life.