**Light-to-moderate coffee consumption is associated with health benefits**

**Introduction**

- Coffee is amongst the most consumed beverages in the world but we know little about the long-term impact of its regular intake on diseases such as heart attacks and stroke.
- Research studies in the past have reported inconsistent results regarding its cardiovascular effects though most studies have found no relationship between regular coffee consumption and death from heart disease.
- We studied the association of regular coffee consumption with death from all-causes and from cardiovascular disease (including heart attacks and strokes) in the UK Biobank population.

**Methods & Results**

- This study was performed amongst UK Biobank participants with no known heart disease.
- We divided regular coffee intake into three groups: zero, light-to-moderate and high.
- In the statistical models, adjustments were made for the main risk factors for heart disease and stroke.
- 468,629 adults (average age = 56 years and 44% were male) were included:
  - 22% did not consume coffee regularly
  - 58% drank 0.5–3 cups per day
  - 20% drank >3 cups per day
- Compared to non-coffee drinkers, light-to-moderate coffee drinkers was associated with lower risk of death from all-causes and from cardiovascular disease.
- Non-coffee drinkers were also associated with lower risk of stroke.

**Conclusion**

- Drinking up to three cups of coffee per day was found to be associated with favourable cardiovascular outcomes

**Non-coffee drinkers**

**Light-to-moderate coffee drinkers (0.5-3 cups/day)**

**High coffee drinkers (>3 cups/day)**

**Acknowledgments:**

Simon J, Fung K, Raisi-Estabragh Z, Aung N, Khanji MY, Kobotuvsky M, Merkely B, Munroe PB, Harvey NC, Piechnik SK, Neubauer S, Maurovich-Horvat P. Light to moderate coffee consumption is associated with lower risk of death from all-causes and from cardiovascular disease. Research in the past have reported inconsistent results regarding its cardiovascular effects though most studies have found no relationship between regular coffee consumption and death from heart disease. We studied the association of regular coffee consumption with death from all-causes and from cardiovascular disease (including heart attacks and strokes) in the UK Biobank population.

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