WHAT’S IN YOUR CUP OF COFFEE

by:
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According to the world coffee consumption report from the International Coffee Organization (ICO), global coffee consumption saw a 2.1% increase from 2016 to July 2020. Being one of the few countries that can produce four different varieties of commercially viable coffee, namely: Arabica, Excelsa, Liberica (Barako), and Robusta – the Philippines also saw a 2.7% increase within the past 5 years. With the continuous rise in demand, one might wonder what effects do coffee have on an average person.

In the past, coffee was listed as possible carcinogens together with Acetaldehyde, Aflatoxins, and other substances by the World health Organization. However, in recent studies no definitive evidence of carcinogenicity was found from drinking coffee. So what does coffee contain? Coffee is found to be rich in caffeine, vitamin B2 (riboflavin), magnesium, and other plant chemicals such as polyphenols and diterpenes. An 8-ounce cup of freshly brewed coffee contains an estimated amount of 95 milligrams of caffeine. Although amount of chemical content of a cup of coffee may vary depending on what type of coffee bean was used, how the beans are roasted (light, medium, dark), how the beans are ground, and how it is brewed (pressed, boiled, vacuumed, poured, etc.).

Effects of caffeine can substantially vary from an individual to another individual. Consumption of low to moderate dose of caffeine may increase your alertness, boost your energy, and improve your ability to concentrate. However, higher dose of caffeine may cause you anxiety, restlessness, insomnia, increase in heart rate, or in severe cases, may cause heart palpitation.

A safe level of caffeine intake for a healthy individual is below 400 milligrams per day. While for individuals with cardiovascular problems like high blood pressure,
angina (chest pains) and arrhythmia (irregularity in heartbeat), it is advisable to not exceed 200 milligrams or if possible, to completely avoid intake of caffeine as it can also interact with some medicines for heart patients. This being said, moderate intake of coffee can be beneficial for an individual seeking for an energy boost or a perk-me-up.

References:

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