

The Buzz On Coffee

Studies have shown that coffee may have several health benefits, including protecting against Parkinson's disease, type 2 diabetes, and liver disease, including liver cancer. It also appears to improve cognitive function and decrease the risk of depression.

For healthier coffee drinking:

Avoid specialty coffee drinks that are loaded with sugar.

Don't drink coffee late in the day if you have trouble sleeping.

Reduce the amount you drink if caffeine causes nervousness, irritability, or anxiety.

Avoid caffeinated coffee if you're pregnant.



For nutrition and diet tips, try the "Talk to a Nutritionist" tool on the Living Well platform. Visit <https://livingwell.provantonline.com> and choose the Nutrition tab.

*This tool is available to all UT SELECT Medical Plan members, **free of charge**: Employees, dependents, retirees, surviving spouses, and COBRA participants.*