

# TIP OF THE WEEK



## The Buzz on Coffee

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

### **For healthier coffee drinking:**

Avoid specialty 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 coffee causes nervousness, irritability, or anxiety.

Avoid caffeinated coffee if you are pregnant.

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make it a priority

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