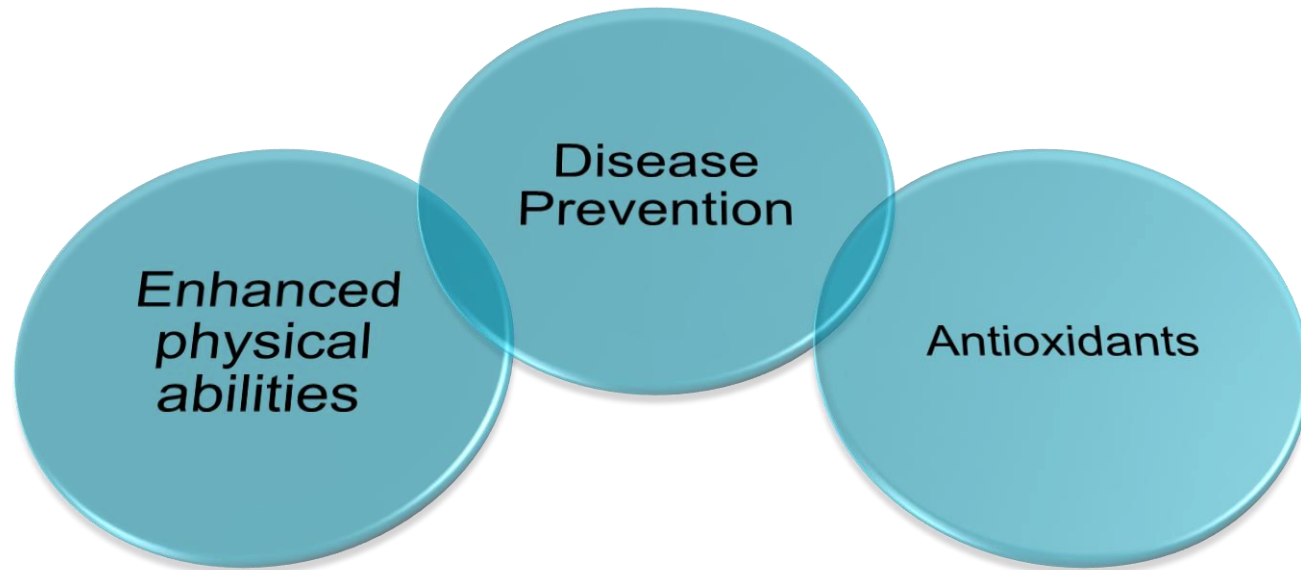


ESU 009 - Coffee as functional food beverage

Lecture 28



The Benefits of Drinking Coffee



Enhanced Physical Abilities

- Short-term memory
- Increased mental focus
- Improved performance
- Increased energy

Disease Prevention

- Heart disease
 - Stroke
 - Heart attack
- Type 2 Diabetes
- Gallstone Disease

Disease Prevention

- Cancer:
 - Liver
 - Oral
 - Esophageal
 - Pharyngeal

Antioxidants

- One of the best sources of antioxidants in the American diet
- Methylpyridinium – formed during coffee roasting process
- Greater yield of antioxidants with espresso brew

Antioxidants

- Antioxidants – compounds that reduce free radicals
- Can help reduce:
 - Aging – skin, arteries, etc
 - Cancer risk
 - Heart disease risk

Thank you

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