

Coffee break: A controversial issue between safety and harmful-review

Heba Hassan Mohamed

Helwan University, Egypt

Coffee is the most recognizable, widely consumed and controversial beverage in the world, coming in many varieties and ways of preparations. Coffee is a complex chemical mixture composed of several chemicals. It is responsible for a number of bioactivities and a number of compounds accounting for these effects. Coffee consumed for its refreshing and stimulating effect as it is a major source of caffeine, which has been shown to have a number of behavioral effects. For example, Caffeine increases alertness, improves attention and psychomotor performance. Argument still persists whether coffee is beneficial or harmful for human health. Its consumption has been associated with a momentous decrease in chronic diseases such as Parkinson's, diabetes mellitus, and several cancer lines However; coffee consumption is associated with increases in several cardiovascular disease risk factors, including blood pressure. Harmful effects of coffee are associated with people who are sensitive to stimulants. Overall, with the available information, there is little evidence of health risks and some evidence of health benefits. It can be concluded that the moderate consumption of coffee is safer to human health.

This review article is an attempt to expose general information, health claims, and some risk factors associated with coffee consumption.

Biography

Heba Hassan Mohamed completed her undergraduate studies at Nutrition and Food Science dep.2004 Faculty of Home Economics, Helwan University. Completed Nutrition and Food Science/MSc 2010, and registered for Ph.D. in field of nutrition, 2013 the same university. She has recently published a paper titled Hypoglycemic Effect of Potato Peel and Pumpkin Peel Powder in Diabetic Rats, in Egyptian Journal of Nutrition.