

## Cheers to National Coffee Day! Three Health Benefits of Drinking Canada's Most Popular Beverage

September 25, 2018 / Toronto, ON – This Saturday, September 29<sup>th</sup> is National Coffee Day. And Canadians love their coffee! Coffee is the most popular beverage amongst adult Canadians over 16 – even more than tap water. Two thirds of adult Canadians enjoy at least one cup of coffee a day with the average at 3.2 cups/day (Coffee Association of Canada – 2017 Canadian Coffee Drinking Trends Study).

Here are three (healthful) reasons why you can enjoy your favourite cup of joe even more... on National Coffee Day... and every day!

- 1) A [new study published on July 2, 2018](#), in JAMA Internal Medicine, found that **coffee may boost chances for a longer life**. The research shows that those who consume coffee had a slightly lower risk of death over 10 years than abstainers.
- 2) **Coffee may be associated with a reduced risk of developing numerous cancers**. In June 2016, IARC (the International Agency for Research on Cancer) – an agency of the World Health Organization – confirmed that coffee is not classified as a carcinogen. In fact, many epidemiological studies showed that coffee drinking had no carcinogenic effects for cancers of the pancreas, female breast, and prostate, and reduced risks were seen for cancers of the liver and uterine endometrium. [https://www.iarc.fr/en/media-centre/pr/2016/pdfs/pr244\\_E.pdf](https://www.iarc.fr/en/media-centre/pr/2016/pdfs/pr244_E.pdf)
- 3) People who drink about **three to five cups of coffee a day may be less likely to die prematurely from some illnesses** than those who don't drink or drink less coffee, according to a 2016 study by Harvard T.H. Chan School of Public Health researchers and colleagues. Drinkers of both caffeinated and decaffeinated coffee saw benefits, including a lower risk of death from **cardiovascular disease, neurological diseases, type 2 diabetes, and suicide**.

And if you miss National Coffee Day on September 29<sup>th</sup>, don't worry... it's International Coffee Day on October 1<sup>st</sup>. Cheers!

**For more information:**

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or go to <http://www.coffeeassoc.com/coffee-and-health/>