Coffee and cardiovascular health

Many studies looking at coffee consumption and cardiovascular disease (CVD) suggest that a moderate intake of coffee – 3-5 cups per day – may provide protection against CVD mortality risk.

But how?

Daily coffee consumption and stroke risk

14% reduction in stroke risk

17% reduction in stroke risk

How coffee may reduce risk of atrial fibrillation

6% reduction in atrial fibrillation risk with every 300mg per day caffeine intake

Which components in coffee may have an effect on the cardiovascular system

- Caffeine
- Cafestol
- Polyphenol anti-oxidants
- Kahweol
- Potassium
- Soluble fibre

Further information can be found on the Coffee and Health website

www.coffeeandhealth.org

References
