



Have Another Cup of Joe!

A Closer Look at the Health Benefits of Coffee

by B. Kay Sugg

Behind oil, coffee is the second most sought-after commodity in the world, with an estimated 2.25 billion cups of it consumed per day. From the intoxicating aroma of fresh-brewed coffee to the rich flavor and energy boost it provides, it's hard to beat.

For many, a cup of coffee marks the beginning of the day and is a welcome boost throughout. Sixty-five percent of Americans drink coffee daily, averaging 3.1 cups per person each day. Loaded with antioxidants, coffee may be their main source of antioxidants since most people do not eat the recommended daily servings of fruits and vegetables.

How much coffee should you drink in a day?

According to the FDA (Federal Drug Administration), healthy adults can consume up to 400 mg of caffeine daily without negative side effects. (That is four 8-ounce cups of brewed coffee.) Many studies indicate that the antioxidants and other active substances in coffee may reduce internal inflammation and protect against disease. Consumed in the moderation, coffee can deliver many great health benefits.

Five Health Benefits of Drinking Coffee

- 1 Protects Against Alzheimer's Disease**
 Studies indicate that you are 65% less likely to develop Alzheimer's disease if you drink at least 2 cups of coffee daily. And for women, drinking one cup of coffee daily lowers your stroke risk (the fourth leading cause of death in women).
- 2 Helps Prevent Diabetes**
 Studies suggest that coffee can lower your likelihood of developing type 2 diabetes by 25-50%. Metabolic studies have shown that caffeine can acutely lower insulin sensitivity, and the chlorogenic acid in coffee may delay glucose absorption in the intestine.
- 3 Reduces Risk of Liver and Colon Cancer**
 Coffee's strong antioxidants fight inflammation and neutralize free radicals which are one of the causes of aging and damage to DNA—resulting in genetic mutations and the development of cancer.
- 4 Enhances Physical Performance**
 The caffeine in coffee releases Epinephrine (Adrenaline) in the blood which makes you feel more alert and can boost your performance levels by 11-12%.
- 5 Inhibits Depression**
 Caffeine blocks mood-depressing chemicals in the brain. A Harvard study showed that drinking four cups of coffee a day reduces depression by 20%.

After drinking coffee, its beneficial effects may last up to six hours. So, grab a cup of Joe and relax just a bit more, knowing you're making a good choice!

Sources:

Johns Hopkins Medicine, <https://www.hopkinsmedicine.org>

Harvard Medical School, <https://health.harvard.edu>

Coffee Statistics Association, <https://www.coffee-statistics.com>





HAVE YOU TRIED OUR SIGNATURE COFFEES?

ROUTE 66® CUSTOM ROASTED COFFEES

GlobalConnect® has sourced some of the best, most flavorful coffee available, and custom-roasted it in our signature line, Route 66® Coffees. Available in offices across North America and at route66coffees.com, there are seven original roasts to take you on a flavor escape. (We also have a special series of hot beverages, the Scenic Stops series, featuring flavored coffees, cocoa, and tea.) Check them out at your office!

Creamy Chocolate Coffee Truffles

Prep time: 30 minutes

Total time: 1 hour, 30 minutes

Servings: 20 truffles

Ingredients

- 8 oz. dark chocolate in block
(Use pure chocolate, not chocolate chips)
- 3/4 tbsp butter
- 2/3 cup heavy cream (Truffles will not set correctly if you use half and half or milk instead of heavy cream)
- 2 tbsp instant coffee granules
- 1 tbsp coffee liqueur (e.g. Kahlua, Tía Maria), optional
- unsweetened cocoa powder for dusting, optional

Instructions

1. Heat the heavy cream in a small saucepan, along with the coffee granules over low heat. Stir until the coffee has dissolved and it begins to bubble around the edges of the pan.
2. Chop the chocolate into small pieces to ensure it will melt more evenly. Place it in a medium bowl. Scatter the dollop of butter over the chocolate so it combines better.
3. Take the warm coffee cream and pour evenly over the bowl of chopped chocolate and butter. Let it rest untouched for about 3 minutes before you start stirring. If you're using coffee liqueur, pour it in after the 3 minutes. Stir until all the chocolate has melted.
4. Pour this mixture into a shallow flat pan, (8" x 8" works great, or a standard loaf tin). Add plastic wrap directly on top of the chocolate, refrigerate for at least one hour.
5. Scoop a heaping teaspoon and dollop it onto a lined plate or baking sheet. Continue to do this with the rest of the mixture. Place this, uncovered, back into the refrigerator for thirty minutes. This dries out the mixture, making it a little easier to roll out. I also like to just take one out of the refrigerator at a time to roll, so the others stay nice and cold. Quickly roll it and then place it in a small bowl with unsweetened cocoa powder (optional), cover with cocoa powder and set aside. Continue with the rest.
6. Cover tightly and store in room temperature for four days, or in the refrigerator for up to two weeks.

Recipe by Stine Mari. Check out more great recipes by Stine at her blog, Ginger with Spice, at gingerwithspice.com.

