

Coffee Or Tea - Which Is Better For You?

Most people cannot function without either their morning cup of coffee or tea. While, it's mostly the caffeine that gets people going, a side benefit from drinking these beverages is that you may be boosting your immune system and helping to fight disease.

While the health benefits of drinking green tea have been much publicized, few people realize that drinking coffee can have health benefits as well but recent studies show that coffee may share some of the healthy attributes that green tea has shown.

Like green tea, coffee has antioxidants including quinines, chlorogenic acid and tocopherols as well as essential minerals such as magnesium. All of which help in glucose metabolism and result in those who regularly drink coffee having a reduced risk of diabetes. Both coffee and green tea have been shown to contain compounds which have antibacterial properties that can help prevent tooth decay and may help to fight food poisoning.

Green tea has been shown to have a role in the prevention of cancer, rheumatoid arthritis, cardiovascular disease, cataracts, and to help boost your immune system. In addition, green tea may also help you lose weight and is said to help lower blood sugar and cholesterol as well as slow the aging process.

Coffee is said to contain compounds that boost the activity of enzymes which may protect against colon cancer (according to animal studies published in the Journal of Agricultural and Food Chemistry). Other health benefits of coffee include a reduced risk of developing Parkinsons Disease, help in relieving asthma symptoms, stopping tension headaches, and inhibiting the formation of gallstones.

When it comes to the question of how much coffee or tea you need to benefit the answers can be a bit confusing. While most everyone agrees that the caffeinated should only be taken in small amounts (no more than 3 cups of coffee a day) to avoid the addictive qualities of the caffeine, it's a bit more vague on how much tea is recommended. Some say 10 cups a day, others say you can experience the benefits with 3 cups a day.

About the Author

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