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Nutritional Value of Coffee

By: www.BuyOrganicCoffee.org

The world drinks coffee to wake up and to perk up during the day. Caffeine is the coffee ingredient that [keeps you awake](#). Researchers have shown that the antioxidants in coffee have a wide range of health benefits from reducing the risk of Type II diabetes to reducing the risk of various cancers, enhancing athletic performance and even making sex better. But what else is in coffee? Your doctor may tell you to eat a banana every day because of the potassium content. What else is there to the nutritional value of coffee?

Coffee the Diet Drink

“Lite” and “diet” drinks are commonly consumed in an attempt to reduce caloric intake. A cup of black coffee does not need to be altered or modified in order to have virtually no calories. Of course, you cannot add cream or sugar if you want to avoid those calories but a cup of black coffee, by itself, has no carbohydrates, no fat, and only 2.4 calories from the 0.3 grams of protein.

Trace Minerals in Coffee

As we noted, your doctor may suggest a banana a day for potassium supplementation. A banana has about 358 milligrams of potassium. A Centrum Silver + 50 daily vitamin has 80 milligrams. Your cup of black coffee has 118 milligrams of potassium. If you want to add magnesium to your diet that Centrum vitamin has 5 milligrams. Half a cup of boiled spinach has 78 milligrams and your cup of coffee has 7.2 milligrams. Here is the breakdown of minerals and other nutrients in your 240 gram cup of black coffee.

Sodium: 4.8 milligrams

Potassium: 118 milligrams

Magnesium: 7.2 milligrams

Phosphorus: 7.1 milligrams

Manganese: 4.7 milligrams

Choline: 6.2 milligrams

Folate: 4.7 micrograms

Protein: 0.3 grams

Sugars: 0 grams

Carbohydrates: 0 grams

Fat: 0 grams

Fiber: 0 grams

Calories: 2.4

Antioxidant Content of Black Coffee

The primary source of coffee health benefits is the collection of antioxidants in your cup of Java. Chlorogenic, ferulic, caffeic, and n-coumaric acids, melanoidins, heterocyclic compounds, and phenylalanine from roasting and trigonelline all appear to contribute to the beneficial antioxidants properties of coffee. How of much of these magic ingredients are contained in a single cup of coffee? A cup of Arabica coffee contains from 200 to 550 milligrams of antioxidants. By comparison a cup of tea contains from 150 to 400 milligrams and a glass of red wine contains from 150 to 400 milligrams. Green tea contains more antioxidants than black tea and cocoa contains 200 to 250 milligrams of antioxidants per cup. ([Antioxidants \(Basel\). 2013 Dec; 2\(4\): 230–245](#))

When researchers compared coffee from various locations for antioxidant content Arabica coffees from the Americas generally exceeded those from Africa and the East Indies in their amounts of antioxidants. Coffee from Guatemala, Brazil, and Colombia topped the list with only one coffee from Ethiopia and one from Puerto Rico exceeding the 200 milligram per cup level. A coffee from Java came in at the bottom of their list of 21 coffees at 147.7 milligrams per cup.

For more insights and useful information about organic coffee, visit www.BuyOrganicCoffee.org.

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