

Coffee Alternatives

Still want great benefits to add to your routine but unsure about consuming coffee? Here are some alternatives to consider:

Berry or Herb-infused Water:

Beverages like Kombucha still provide the antioxidants and probiotics you need.

Decaf Coffee: Includes antioxidant properties and potential disease-prevention benefits, just like regular coffee, but without the stimulating effects of caffeine.

Half-caf Blends: If you like coffee but want to reduce your caffeine intake, this option lets you mix and match to your liking.

Tea: While some teas contain caffeine, they are a calming alternative that aids digestion.

Why This Matters

Coffee is a familiar comfort food for many, and we must find a healthy balance in how we consume it as our bodies change with age. Please keep in mind that:

- Caffeine can affect various antidepressants or blood pressure, osteoporosis, or thyroid medications
- Caffeine takes more time to metabolize and stays in our system longer as we age
- Caffeinated coffee can increase blood pressure, heartburn or reflux symptoms, and urinary incontinence
- Coffee made without a filter can lead to issues with cholesterol
- Too much caffeine can disrupt your sleep schedule and increase anxiety, headaches, and heart rates

Coffee Tips FOR SENIORS

Coffee is part of many people's morning routines, so here are some insightful tips for aging well with your daily cup!

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What is Coffee

Coffee is a beverage brewed from roasted, ground coffee beans that contains antioxidants, several B vitamins, fiber, and minerals such as calcium, magnesium, phosphorus, and potassium. Consult your doctor about consuming caffeinated or decaf coffee if you have:

- A heart condition
- Anxiety
- Caffeine sensitivity
- Digestive issues
- Eye conditions like glaucoma
- Iron deficiencies
- Trouble sleeping



The Benefits of Coffee

According to reputable sources like the National Institutes of Health (NIH) and the Mayo Clinic, with all the vitamins and minerals it contains, coffee provides a variety of benefits:

- Improved digestive health through stimulated muscles in the digestive tract
- Improved mood and alertness from increased levels of dopamine
- Reduced risk of Alzheimer's or dementia, as well as Parkinson's disease, through improved stimulation in the brain and central nervous system
- Reduced risk of cardiovascular disease from enhanced blood vessel health and lowered risk of atrial fibrillation
- Reduced risk of type 2 diabetes through a decrease in glucose metabolism and insulin sensitivity
- Reduced stress, inflammation, and risk of chronic liver diseases from the antioxidants
- Weight management through boosted metabolism and fat burn



A Healthy Coffee Routine

Coffee can become an addictive habit and affect your health and lifestyle, so consider the following when establishing a daily routine that works for you:

- Adults can have 2-5 cups of coffee, or 400 mg of caffeine per day
- Drink coffee in the mornings and early afternoons before 3:00 pm
- Swap artificial sweeteners, heavy creamers, and sugar for cinnamon, low-fat milk, or low-sugar candy canes to stir your coffee