



Nutrition Education



Tips

- To increase your calcium or vitamin D intake try adding calcium or vitamin D fortified soymilk, fat free or low-fat milk to your coffee or tea.
- Be mindful of how much you sweeten your beverage.
- Try adding fresh mint leaves or lemon to your tea for a refreshing taste!

Information obtained from:
The Academy of Nutrition and Dietetics

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October 2022

Sit Back and Relax. Let's Talk About Coffee & Tea!

It is such a nice treat to enjoy a cup of coffee or tea in the morning while sitting in the sun or perhaps with a delicious meal such as with the one you are about to enjoy. But, have you ever wondered what the nutritional benefits are from drinking coffee and tea?

Drinking coffee and tea can be part of a healthful diet and is a preferred choice when compared to other beverages such as sodas and other sugar sweetened beverages. It is important to be aware of caffeine overload which occurs when one consumes too much caffeine. This can lead to certain health issues such as restlessness, GI issues and dizziness. It is advised to drink no more than 3-5 eight-ounce cups of coffee or tea (or 400 mg of caffeine) in a day.



Tea Benefits:

- Some teas are high in antioxidants which may reduce inflammation, cancer and cardiovascular disease.
- Teas such as green and black may reduce the risk of heart disease.

Coffee Benefits:

- May reduce the risk of cardiovascular disease, type 2 diabetes and Parkinson's disease
- Contains anti-inflammatory effects

Coffee and Tea:

- Provides small amounts of vitamins and minerals
- Comes in both caffeinated and decaffeinated forms