

ANZA KOREA

COMMUNITY, NETWORKING, CHARITIES

SPECIAL EDITION

Coffee Special Edition

March 2021

Coffee Time!

Coffee is ingrained in our culture, it helps us wake up, get moving and function in our day, and of course it's delicious. Coffee brings us together, is integral to any meeting, and it's not possible to walk a block in most cities without finding a coffee shop or cafe. Despite our love for coffee, it's garnered somewhat of an unfair reputation over the years. It's common to hear people saying they think they should reduce or stop drinking coffee altogether. But should they really?

By Leanne Horridge



We are very happy to introduce Leanne Horridge to the ANZA community. Leanne has a Diploma of Human Nutrition from Deakin University and a Bachelor's Degree in Nursing. Her professional focus is health optimisation through nutrition, and enjoys working with people to tailor nutrition to support their personal health goals. Leanne has particular interests in women's health and childhood nutrition. She can be contacted at: optimise.your.nutrition@gmail.com

The benefits of coffee

Coffee is potentially one of our best dietary sources of antioxidants, containing over 1000 bioactive compounds. Coffee consumption has been studied extensively, and recent large-scale reviews of the data have found that coffee drinkers (moderate intake, between 1-4 cups a day) have a lower risk of all-cause mortality, lower risk of cardiovascular disease, cancers, liver conditions and neurological disorders.

Caffeine in coffee is a stimulant, and boosts mental alertness and

energy helping us charge through the day. Caffeine consumed before exercise has been shown to enhance athletic performance and stamina, and increase fat metabolism.

Brewed coffee (as opposed to instant) also contains meaningful amounts of soluble fibre, something we all need for our digestive health.

Of course, while this is pretty exciting news for coffee lovers, it's important to remember we are all individuals, and there are other factors to consider

before reaching for our next cup.

When should we think about reducing coffee?

Stimulant

Caffeine affects each of us differently. Some people can tolerate large amounts of caffeine, others get the jitters after just one cup of coffee. Caffeine can also trigger or exacerbate anxiety. Pay attention to how much you are drinking and how you feel after each cup. If you find yourself





feeling on edge it might be a good idea to cut back a little. Caffeine is also found in tea, chocolate, cola and energy drinks, so also consider these sources if you are trying to reduce your intake.

Sleep

Caffeine has a half-life of about 5 hours, meaning if you have a cup of coffee then 5 hours later half of it is still in your system. If you are someone who struggles to get to sleep at night or are a light sleeper, try not to drink coffee after 1pm to make sure that you give your body time to metabolise the caffeine. While coffee helps us feel alert and boosts our energy, if you find yourself just waking up when you get to the bottom of your first or second cup, then it might be time to consider your reliance on caffeine. Try to reduce your intake and aim for a little more sleep. Sometimes cutting coffee out altogether for a short while can be an interesting experiment.

Hormone health

Hormone health is a consideration for women, as coffee can interfere with oestrogen metabolism in the liver. If you experience any menstrual irregularities, cutting back or eliminating coffee may help alleviate these symptoms. In post-menopausal women caffeine has been shown to exacerbate physical symptoms like hot flushes. Each person will have a different experience, it's important to pay attention to your own experience and make adjustments if necessary. A few studies have found a link between coffee intake and fracture risk in post-menopausal women, but adding a tiny amount of milk to your coffee was shown to offset this risk.

Pregnancy

During pregnancy it's important to monitor coffee intake. Some studies have found that coffee intake could affect birth weight, however a full review of the available data did not

confirm or refute this. In the absence of high quality data confirming safety of coffee during pregnancy, reducing coffee intake to one cup or less per day is a safe guideline.

How do you take your coffee?

There are limitless ways we can have our coffee, from an espresso or instant, through to iced frappés with whipped cream. Taste is the most likely driver of coffee choice, but there are other reasons to consider changing up your beverage.

Liquid calories

If you are conscious of your diet, whether for the purposes of fat loss, or for reduction of sugar or saturated fat, your coffee choice can have a massive impact. An espresso or americano contains practically zero calories, while that vanilla frappuccino can add around 430 calories to your day. Even a "tall" skim milk latte has around 100 calories before you add any



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sugar. Sticking to black coffee, or adding a splash of your milk of choice is a good low calorie option.

Cholesterol

If you are someone who suffers with high cholesterol, then the type of coffee that you consume can have an impact. Coffee contains a substance called cafestol, which affects the way your body manufactures cholesterol. The good news is that coffee prepared with a paper filter removes most of this substance.

Brewed vs. instant

Those magical health giving and life lengthening properties that were mentioned above were mostly shown to be associated with brewed coffee. The same benefits were less likely to be seen with instant coffee.

Summary

Despite the bad rap coffee has gained over the years there is compelling evidence to keep up this enjoyable habit, with coffee consumption being associated with lower risk of disease and all-cause mortality. Of course certain people may need to limit or avoid consumption, but most people can safely consume between 1-4 cups per day without issue. Coffee can increase your alertness and energy, but make sure you get enough sleep, maintain a quality diet and enjoy that next cup of liquid gold mindfully.

As soon as the COVID restrictions are eased we will resume our monthly coffee mornings. Our Community's safety remains our number one priority during these challenging times. Please stay safe and please bear with us.

ANZA Korea Welcomes you!

Memberships

ANZA Korea welcomes all nationalities to come join our community. Yearly membership is KRW50,000 and begins from 01 August. Email us at registration@anzakorea.com

How to become a member in 3 steps

STEP 01 Head to our website
www.anzakorea.com
Click the "membership" link

STEP 02 Fill in your details
One membership (KRW50,000/year) covers one household

STEP 03 Transfer payment
ANZA Korea Bank Account Details
Bank: Standard Chartered (SC은행)
Account Number: 100-20-954772
Account Name: ANZA (주안호주류유통협회)

We also accept cash however, bank transfer is preferred. Unfortunately, credit card is not available as a payment option.

Join us at our next event!

For any questions please email registration@anzakorea.com



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