




Coffee intake and mortality risk

<p>>1 cup per day</p> 	<p align="center">LOWER ALL-CAUSE MORTALITY</p>	<p>Reduced risk of all-sites cancers with increasing intake of coffee and frequency of coffee consumption</p>
<p>>3 cups coffee per day</p> 		<p>Reduced risk of liver disease & circulatory disease</p>
<p>3-5 cups per day</p> 		<p>Reduced risk of CVD, showing a 'U-shaped' association Reduced risk of all-sites cancers, and notably liver cancer.</p>

EFSA recommendation: around 400mg caffeine per day, equivalent to up to 5 cups of coffee can be enjoyed as part of healthy balanced diet¹⁷. Pregnant and breastfeeding women are advised to limit their caffeine intake to 200mg per day¹⁷.

FONTE: ISIC – COFFEE & HEALTH

