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coffee&health
from the institute for scientific information on coffee

# New guideline published by the American Cancer Society (ACS) suggests coffee may reduce the risk of some cancers

*The ACS guideline is developed by a national panel of experts in cancer research, prevention, epidemiology, public health, and policy, and it reflects the most current scientific evidence related to dietary and activity patterns and cancer risk[1].*

**11th June 2020.** A new guideline published on 9th June 2020 by the American Cancer Society (ACS) suggests that drinking coffee may contribute to a reduction in the risk of a number of cancers, including liver and endometrial cancer, cancer of the mouth, pharynx and larynx, as well as to a potential reduction in the risk of skin cancer in men and women, and malignant melanoma in women[1-3]. Coffee may also contribute to a reduced risk of some digestive cancers[1-3].

These associations are based on findings from the most current scientific evidence related to dietary and activity patterns and cancer risk, as well as global and US dietary guidance[1].

The mechanisms by which coffee may exert beneficial effects are not fully understood. However, the beverage is known to contain hundreds of biologically active compounds, including caffeine, flavonoids, lignans and other polyphenols, which contribute to body processes including energy expenditure, DNA repair, and provide anti-inflammatory properties[1-3].

The guideline, set out by ACS[1], further supports the monograph published by IARC in 2018, which reviewed all available research on coffee and cancer, and found no clear association between coffee intake and cancer at any body site[3,4]. Similar to the IARC monograph, the ACS guideline recommends that coffee is best consumed at modest temperatures, as beverages ingested at very high temperatures (over 65°C) may increase the risk of esophageal cancer[1,3,4].

**-ENDS-**

**Note to editors:**

**References**


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**Notes to editors**

- Moderate coffee consumption can be defined as 3–5 cups per day, based on the European Food Safety Authority's review of caffeine safety[5].
- Pregnant and breastfeeding women are advised to limit their caffeine intake to 200mg per day[5].

**About ISIC**
The Institute for Scientific Information on Coffee (ISIC) is a not-for-profit organization, established in 1990 and devoted to the study and disclosure of science related to “coffee and health.” Since 2003 ISIC also supports a pan-European education programme, working in partnership with national coffee associations in nine countries to convey current scientific knowledge on “coffee and health” to healthcare professionals.

**About coffeeandhealth.org**
The website www.coffeeandhealth.org is a science-based resource developed for healthcare and other professional audiences and provides the latest information and research into coffee, caffeine and health.

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