

Coffee may decrease diabetes risk

By Leigh Weingus, Huffington Post

Your major coffee habit may help reduce your risk of developing Type 2 diabetes, according to a study.

Researchers found that habitual coffee drinkers – meaning those who had more than 1.5 cups per day – were half as likely to develop Type 2 diabetes over a 10-year period as casual coffee drinkers, who had fewer than 1.5 cups per day.

The researchers believe that the inflammation-lowering antioxidants found in coffee beans may account for the difference. Blood samples taken from the study participants revealed that habitual drinkers had lower levels of the inflammatory marker serum amyloid.

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