

Fit to Read 'Drink Up!' Optimizing health with Coffee – Quiz

1. The latest scientific studies show positive effects on which three systems?
2. Scientist find that there is what percentage of overall reduction in what is referred to as “all-cause mortality” among coffee drinkers?
3. What extremely rich antioxidant compound is found in blueberries and coffee?
4. True or false: coffee has three times the antioxidant levels of green tea?
5. What researcher concludes that “Americans get more of their antioxidants from coffee than any other dietary source?”
6. What color does coffee beans turn when ready to harvest?
7. How many cups of coffee a day can reduce your risk of Alzheimer’s and Parkinson’s disease by 30 percent?
8. Coffee helps assist with weight loss by promoting lipolysis. What is lipolysis
9. True or false: Coffee is the most widely consumed bitter in the North American diet?
10. Please take a moment and rate this article. Share what reading it did to increase your coffee drinking awareness