

Coffee and Cancer: What the Science Says

Drinking coffee is a healthy habit.
It may help reduce cancer risk.

Why Coffee May Be Protective

Coffee contains compounds that may help reduce cancer risk by:

- Protecting cells from damage
- Reducing inflammation
- Promoting self-destruction of damaged cells

The effects are the same for regular or decaf coffee.

There is strong probable evidence that coffee reduces the risk of:

- Endometrial cancer
- Liver cancer

There is limited but suggestive evidence that coffee reduces the risk of:

- Oral: mouth, pharynx and larynx cancer
- Skin cancer
- Colon cancer
- Prostate cancer

How Much Coffee?

Protective benefits are seen with 2 to 4 cups per day



Switch to decaf after 400mg of caffeine, since too much caffeine can cause insomnia, rapid heartbeat and jitters



How much caffeine is in your coffee?

1-4mg



Decaf
1 cup

60-70mg



Instant
1 cup

80-100mg



Brewed
1 cup

150-230mg



Cold brew
1 cup

Make Better Coffee Choices

Choose plain coffee most often or add a bit of sugar (1-2 tsp) and milk.

Some coffee drinks have lots of cream, sugar or flavored syrup. AICR recommends cutting back on these very sugary drinks.

Choose wisely! Here's how coffee drinks compare:

Small beverage (hot = 10 oz. cold = 16 oz.)	Calories	Fat	Sugar
Black coffee	2 kcal	0g	0g
Coffee with 1 tbsp low fat milk and 1 tsp sugar	25 kcal	0g	4g (1 tsp)
Coffee with 1 tbsp cream and 1 tsp sugar	38 kcal	2g	4g (1 tsp)
Latte with skim milk and sugar	86 kcal	0g	13g (4 tsp)
Iced cappuccino with skim milk and sugar	110 kcal	0g	23g (6 tsp)
Coffee with vanilla syrup	110 kcal	0g	24g (6 tsp)
Caramel cold brew coffee with cold foam	200 kcal	2.5g	37g (9 tsp)
Butter pecan swirl frozen coffee with cream	520 kcal	17g	84g (21 tsp)

This chart is for small 10 oz. (hot) or 16 oz. (cold) drinks. To compare, a large 32 oz. mocha swirl frozen coffee with cream has 990 calories, 35 grams of fat and 153 grams (38 tsp) of sugar.