

# THE SECRET BENEFITS OF COFFEE

## **NOT JUST COFFEE**



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# A Little History

Ok. Put on your thinking caps. This is important. What beverage:

- + Do 64% of Americans drink
- + 50% of those people drink it at home
- + Drinking it was a sign of patriotism in 1773
- + Has an average U.S. cost of \$3.28 per drink
- + Is consumed by more women than men

If you guessed coffee, you are correct!

While there are many negative misconceptions about coffee, for most people, coffee is a positive thing. Not everyone is a highly caffeinated coffee junkie.

Legend has it that the ancient Ethiopian mystics were the first humans to discover coffee back in the 11th century. People have been drinking it for the taste, and potential health and lifestyle benefits, ever since.

