



Coffee: Emerging Health Effects and Disease Prevention (Institute of Food Technologists Series)

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Coffee: Emerging Health Benefits and Disease Prevention presents a comprehensive overview of the recent scientific advances in the field. The book focuses on the following topics: coffee constituents; pro- and antioxidant properties of coffee constituents; bioavailability of coffee constituents; health benefits and disease prevention effects of coffee; and potential negative impacts on health.

Multiple chapters describe coffee's positive impact on health and various diseases: type 2 diabetes; neurodegenerative diseases (Parkinson's and Alzheimer's); cancer (prostate, bladder, pancreatic, breast, ovarian, colon and colorectal); cardiovascular health; and liver health. Coffee's positive effects on mood, suicide rate and cognitive performance are addressed as are the negative health impacts of coffee on pregnancy, insulin sensitivity, dehydration, gastric irritation, anxiety, and withdrawal syndrome issues.

Written by many of the top researchers in the world, *Coffee: Emerging Health Benefits and Disease Prevention* is a must-have reference for food professionals in academia, industry, and governmental and regulatory agencies whose work involves coffee.

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