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Coffee generally has up to **150mg of caffeine per cup**, depending mostly on roast. Coffee drinkers have been shown to have a **lower incidence of Alzheimer's disease** later. Certain compounds in coffee appear to **aid in heart health**, some of which are being extracted for possible use in heart medications. Coffee has been shown to **increase reaction times** and **improve short term memory** in coffee drinkers. The effect is most pronounced in the elderly. Coffee has been found to **protect the liver from cirrhosis**, and recent studies found that compounds found in coffee **may inhibit liver cancer**.

Black tea is **the tea with the most caffeine**, coming in at upwards of **65mg per cup**, and white tea has **the least**, averaging **only 25mg per cup**. Tea drinkers have been found to have a **lower incidence of esophageal cancer** than average. One theory suggests that antioxidants found in tea, particularly white tea, **may inhibit the growth of cancer cells**. Green and white tea have been shown to **inhibit fat growth** and **promote fat oxidation**. Unlike coffee, tea actually **hydrates the body**. This difference is thought to be mostly due to the lower caffeine content. Tea has been **shown to inhibit** the body's production of **cortisol, the stress hormone**. So tea drinkers really are more mellow.

