



## Coffee and cardiovascular health

Many studies looking at coffee consumption and cardiovascular disease (CVD) suggest that a moderate intake of coffee – 3-5 cups per day – may provide protection against CVD mortality risk. But how?

### Daily coffee consumption and stroke risk<sup>1</sup>



14%  
reduction  
in stroke  
risk



17%  
reduction  
in stroke  
risk

### How coffee may reduce risk of atrial fibrillation<sup>2</sup>



6%  
reduction in atrial  
fibrillation risk  
with every  
300mg per day  
caffeine intake

### Which components in coffee may have an effect on the cardiovascular system



Further information can be found on the **Coffee and Health website** [www.coffeeandhealth.org](http://www.coffeeandhealth.org)

#### References

<sup>1</sup> Larrson S.C. and Orsini N. (2011) Coffee consumption and risk of stroke: A dose-response meta-analysis of prospective studies

<sup>2</sup> Cheng M. et al. (2014) Caffeine Intake and Atrial Fibrillation Incidence: Dose Response Meta-analysis of Prospective Cohort Studies.