

It's official: Americans should drink more coffee

By Roberto A. Ferdman, Washington Post

When the nation's top nutrition panel released its latest dietary recommendations on Thursday, the group did something it had never done before: weigh in on whether people should be drinking coffee. What it had to say is pretty surprising.

Not only can people stop worrying about whether drinking coffee is bad for them, according to the panel, they might even want to consider drinking a bit more.

The panel cited minimal health risks associated with drinking between three and five cups per day. It also said that consuming as many as five cups of coffee each day (400 mg) is tied to several health benefits, including a reduced risk of cardiovascular disease and type 2 diabetes.

[Read the whole story](#)