

Drinking coffee tied to lower risk of death

By Kathryn Doyle, Reuters

In a 10-year U.S. study, people who drank coffee regularly were less likely to die of many causes, including heart disease and diabetes, than those who didn't drink coffee at all.

The more coffee study participants consumed, the lower their risk of dying, and decaf drinkers showed a similar pattern.

"Coffee contains numerous biologically active compounds, including phenolic acids, potassium, and caffeine," said lead author Erikka Loftfield of the National Cancer Institute in Rockville, Md.

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