

Coffee Shop Factsheet

Statistics reveal that a new coffee shop opens every fortnight. Are we falling into coffee shop culture?

Is there anything wrong with paying regular visits to a coffee shop? For many working people it is the perfect breakfast solution. Most high street coffee shops are taking public health messages on board and offer a wide variety of hot and cold drinks and fresh food – to suit all sorts.

Although excess amounts of caffeine are unhealthy, coffee has also acquired some good scientific press. These are many benefits of having a cuppa coffee:

- Coffee contributes towards our daily fluid intake; drinking coffee in moderation will not lead to dehydration. Excessive amounts of caffeine can be a diuretic.
- Coffee contains antioxidants; research shows that coffee contains as many antioxidants as its rival, a cup of tea
- Black coffee with no sugar contains no calories
- Milky coffee drinks could help boost our calcium intake; milk is a super source of calcium, so combining coffee and milk is an ideal source of calcium for many coffee shop customers. The fat and calorie content of many milky coffee drinks can be a hinder, but most coffee shops offer skimmed milk!
- Drinking coffee helps to combat tiredness; the department of Transport advises drivers to 'stop, drink two cups of coffee and then take a short nap to alleviate driver fatigue. Drinking a coffee is a good way of perking yourself up. Apparently, Italian schoolchildren often use a milky coffee drink instead of a breakfast to keep their concentration levels alert.

There is thus no need to deprive yourself of hot drinks, but you should realize that all drinks, hot and cold, are part of your whole diet and can easily ruin the healthiest eating habits.

Some of the favourite milky coffee drinks at our high street coffee shops are:

Cappuccino: A cappuccino is a light and foamy drink made from espresso and steamed milk and half a cup of foam.

Caffe Latte: is a smooth and creamy drink made from one third espresso and two thirds steamed milk. A caffe latte contains more milk than a cappuccino.

Caffe Mocha: is based on espresso, steamed milk and whipped cream and often served with chocolate.

Cold coffee based drinks are known as Frappuccinos. Many of these beverages are also served with the option of bigger portions and additional syrups and cream.

It is apparent that overindulging on these drinks will eventually cost you your waistline. It is worthwhile asking for a skinny coffee drink, which will be made with skimmed milk. Say no to the extra syrup, cream and chocolate and think portion size and choose the normal portion sized drinks.