

ALL ABOUT COFFEE

PITTSBURGH PIRATES SPORTS NUTRITION & FUELING



ROAST OF THE BEANS

Roast of the bean can determine not only the taste of your coffee but also the caffeine content. When measured by volume, lighter beans tend to be more acidic and caffeinated while dark roasted beans are more bitter and less caffeinated.



CAFFEINE CONTENT

Many people consume coffee for its caffeine content. Depending on the type of bean, type of roast, and the way it's brewed, coffee can have a wide variety in caffeine content (see below chart). Current research shows that up to 400 mg caffeine per day, roughly the amount in 4 cups of home-brewed coffee, is likely safe for most healthy adults.



CAFFEINE & YOUR HYDRATION

Many have believed that caffeine or coffee can dehydrate your body. However, caffeine does NOT directly dehydrate you, people tend to replace water with coffee and not reach their goal fluid intake. The National Academy of Medicine bases water intake guidance on Total Water, which includes all water contained in foods, beverages, and drinking water. An estimated 80% of Total Water intake comes from fluid sources, while 20% is obtained from food like fruits and vegetables, which have a relatively high water content. Based on this "80/20" ratio, women need to drink about 9 cups of fluid and men need to drink 12.5 cups of fluid every day! When you are drinking coffee, make sure that you are still drinking plenty of water!

