

BEVERAGE SMACK-DOWN

Should Coffee Drinkers Switch to Tea?

MOST AMERICANS can't greet the day without a caffeinated kick in the pants, usually in the form of coffee.

Research has shown that coffee has health benefits, despite its bad reputation. Lately, news reports extolling the benefits of tea—particularly green tea—have java lovers wondering whether they shouldn't switch teams. But is tea better?

WE REPORT, YOU DECIDE



SYSTEM	HEALTH EFFECTS	COFFEE	TEA
HEART	Tea relaxes arteries and lowers blood pressure. Decaf coffee is associated with high cholesterol.		●
DIABETES	Drinking more than four daily cups of coffee lowers the risk of diabetes. Tea has no similar effect.	●	
BRAIN	Tie. Coffee protects seniors against Parkinson's disease, while green tea may prevent Alzheimer's disease.	●	●
CANCER	Coffee is linked to lower rates of liver and colon cancer, while the FDA says more research is needed to support tea's anticancer claims.	●	
PLUMBING	Tie. Coffee prevents gallstones, and green tea may prevent kidney stones.	●	●
BONES	Green tea may help keep bones strong, but coffee has been linked to osteoporosis.		●
WEIGHT CONTROL	Caffeine from either source suppresses appetite, but green tea may spur fat metabolism.		●
TEETH	Green tea's main antioxidant may prevent cavities.		●
TOTAL		4	6

THE BOTTOM LINE: Everyone should drink either coffee or tea, says Joe Vinson, a chemistry professor at the University of Scranton in Pennsylvania. Both beverages are brimming with disease-fighting antioxidants.

If you're not choosy, drink tea. Says Vinson, "It's unquestionably better for your heart and has hardly any negative side effects." —Lee Billings

HEALTH BITES

THE SAUERKRAUT DIET

Women who eat at least three servings of cabbage per week have a lower risk of breast cancer compared with women who eat less, according to a study of Polish Americans. Studies show cruciferous vegetables such as cabbage, broccoli and Brussels sprouts have anticancer properties, especially when minimally cooked.

A ROUGH PATCH

Many smokers mistakenly believe that nicotine—not cigarette smoke—causes cancer and are, therefore, hesitant to use gum or patches to help them quit. Smokers who try to quit cold turkey are more likely to fail compared with those who use nicotine replacement therapies.



SLEEP-DEPRIVED AT 5

American kids are getting started early when it comes to one national pastime: sleep trouble. Almost a third of children under age 4 wake up in the middle of the night and, consequently, don't get enough shut-eye, according to a National Sleep Foundation survey. Young children need at least 12 to 15 hours of sleep per day.

OUTRUNNING DIABETES

Nearly 95 percent of diabetes cases are Type 2, resulting from excess weight and lack of exercise. A new study has found that half of people who are on the cusp of the disease can avoid diabetes by making two simple lifestyle changes: walking 30 minutes per day and eating whole grains, fruits and vegetables.

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