

# DRINKING COFFEE IS MAKING YOU FAT

YOU drink it every day, but it's causing you to pack on the pounds.



The UK collectively drink around 55 million cups of coffee per day – but it could be making us fat.

While a cup or three of coffee per day is necessary to keep the majority of us going, a new study has suggested that caffeinated coffee could be messing with your taste buds.

The study, published in the *Journal of Food Science*, had 107 people take part in two experiments.

Amazing coffee art

Coffee drinkers are getting creative with their morning drink - by creating famous faces in espresso foam

1 / 7



### Probably the best of the lot [WENN]

The first of these experiments saw them drink decaffeinated coffee supplemented with 200mg of caffeine – the amount in a strong cup of coffee.

In the second, they just had decaffeinated coffee. After both tests researchers asked them to rate the taste of the coffee along with other sugary liquids.

Researchers discovered that people who had the coffee containing caffeine rated it as less sweet than the decaf and the sugary solutions were also rated less sweet.

Study author Robin Dando explained: “When you drink caffeinated coffee, it will change how you perceive taste – for however long that effect lasts.

“So if you eat food directly after drinking a caffeinated coffee or other caffeinated drinks, you will likely perceive food differently.”

This can **lead to weight gain** as the caffeine attaches to adenosine receptors in the body which keeps you awake.

However, the caffeine also decreases your ability to taste sweet things making you crave more sugar than before.

This could make you more likely to seek out sweet foods which could mean you pack on the pounds.

If you can't live without your coffee, try to cut it to one cup per day and drink it at a time when you wouldn't normally crave sweet food – like the morning – to lower your risk of cravings.



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