

COFFEE - 3 Tricks to Make it Super-Healthy

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First, you may have seen debate in the past about how coffee has some compounds in it that could have negative health effects such as some tars or other possibly inflammatory compounds in brewed coffee. But, the good news is that coffee has such **high concentrations of beneficial antioxidants, phenolic nutrients, and other good compounds**, that it counteracts the bad compounds.

So what's the best way to make a healthy cup of coffee? Well, here's my 3 most important tricks to maximize the benefits of coffee and minimize the negatives:

1. First of all, you need to AVOID adding any refined sugar or harmful artificial sweeteners. What I do instead is use either a very small touch of organic maple syrup or a half packet of natural stevia to just lightly sweeten my coffee. If you like your coffee black with no sweetener at all, that's the healthiest way.

If you're getting your coffee at a coffee shop, make sure to avoid all of those fancy specialty coffees (lattes, frappuccinos, etc) as they are almost ALWAYS loaded with extra sugars or artificial sweeteners. Some of those fancy coffee drinks at Starbucks or other coffee shops can have 300-400 calories in just one coffee! Definitely not good for your body.

2. You also need to AVOID any of those crappy artificial creamers (liquid or powder), which are usually made with corn syrup solids and hydrogenated oils (harmful trans fats). Or, better yet, what I've been using for a while now is **coconut milk/cream** as a much healthier creamer alternative. I store the coconut milk in the fridge in a container. Note that the cans of coconut milk are much creamier and better as a coffee creamer than those cartons of "coconut milk drink" which are just watered down coconut milk.

The thick creamy coconut milk is the healthiest option for coffee creamer because it's loaded with **super healthy** saturated fats called medium chain triglycerides (MCTs), which boost your immune system and your metabolism! Plus, coconut milk in coffee is just plain delicious! It's the best healthy creamer option by far.

3. If you want to load your coffee up with more **healthy antioxidants** and good taste, consider trying some added cinnamon to your coffee (cinnamon can help control blood sugar and has many other health benefits).

I also sometimes like to add a teaspoon of organic cocoa powder (non-sweetened) to my coffee to make my own sort of mocha coffee (but without the loads of sugar in a typical mocha you'd get at the coffee shop). The added cocoa powder also gives you great taste and a good dose of extra healthy antioxidants (and cocoa is also known for helping to lower blood pressure!)