

Coffee and heart disease: Yet another study finds multiple cups a day reduces death risks

Drinking up to three cups of coffee a day may protect your heart, a [new study](#) finds.

Among people with no diagnosis of heart disease, regular coffee consumption of 0.5 to 3 cups of coffee a day was associated with a decreased risk of death from heart disease, stroke and early death from any cause when compared to non-coffee drinkers.

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It's another home run for coffee consumption. Studies have found drinking moderate amounts of coffee can protect adults from [type 2 diabetes](#), Parkinson's disease, [liver disease](#), [prostate cancer](#), [Alzheimer's](#), computer [back pain](#) and more.

When it comes to heart disease, [a large analysis of data from three major studies](#) published in April found that drinking one or more cups of plain, caffeinated coffee a day was associated with a long-term reduced risk of heart failure.

Compared with people who didn't drink coffee, the April analysis found the risk of heart failure over time decreased between 5% and 12% for each cup of coffee consumed each day in two of the studies.

[This is an excerpt. Read the original post here.](#)