



科信食品与健康信息交流中心
China Food Information Center



SCIENTIFIC CONSENSUS ON COFFEE AND HEALTH 2024

咖啡与健康的相关科学共识

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摘要

ABSTRACT

咖啡是全球最受欢迎的饮料之一。已有大量研究表明, 适量饮用咖啡有助于降低某些慢性疾病风险, 但公众对咖啡与癌症、成瘾性、骨质疏松等健康效应的关系仍存在误解与困惑。本共识在广泛梳理全球权威机构、学术组织与咖啡相关的法规、指南、建议以及相关人群研究证据的基础上, 形成专家共识, 旨在帮助公众全面认识咖啡与健康的关系, 合理选择和饮用咖啡。

【关键词】咖啡; 咖啡因; 健康

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Coffee is one of the most popular beverages worldwide. Numerous studies have demonstrated that moderate coffee consumption may help reduce the risk of certain chronic diseases. However, public misunderstandings and confusion persist regarding coffee's health effects, particularly its associations with cancer, addiction and osteoporosis. The experts consensus is reached by systematical review of regulations, guidelines and recommendations from global authoritative bodies and academic organizations, combined with evidence from population-based studies. It aims to provide comprehensive scientific insights into the relationship between coffee and health, and empower the consumers to make informed choices.

[Key words] Coffee; Caffeine; Health

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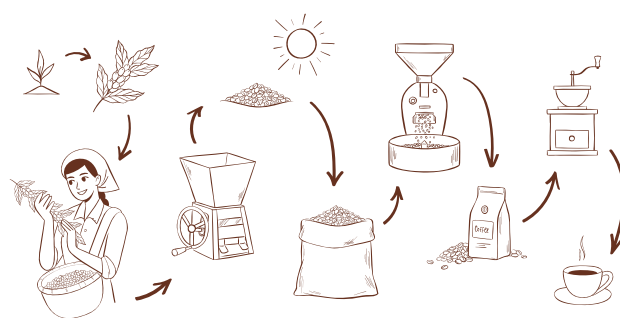
& COFFEE & HEALTH

咖啡是世界上最受欢迎的饮品之一。公开数据显示, 2023年中国年人均咖啡饮用量已从2016年的9杯上升至16.74杯且有持续上升的趋势。咖啡通常被认为是健康饮品, 但近年来其与癌症、成瘾性、骨质疏松、失眠等诸多健康效应之间的关联频现网络, 引发大量关注和讨论。为帮助公众全面认识咖啡与健康的关系, 合理选择和饮用咖啡, 科信食品与健康信息交流中心、中国疾病预防控制中心营养与健康所、农业农村部食物与营养发展研究所、中华预防医学会健康传播分会、中国农业大学特殊食品研究中心5家机构在2018年《咖啡与健康的相关科学共识》^[1]的基础上, 对国内外相关研究和资料进行了系统梳理, 并形成《咖啡与健康的相关科学共识(2024)》。

Coffee is one of the most popular beverages around the world. According to public data, the annual coffee consumption per capita in China has increased from 9 cups in 2016 to 16.74 cups in 2023, and this trend is expected to continue. While coffee is generally considered as a healthy beverage; however, concerns have been raised about its potential health effects in recent years, such as cancer, addiction, osteoporosis and insomnia, and has sparking widespread attention and discussion. In order to help the public fully understand the relationship between coffee and health, and to make informed choices, the China Food Information Center, together with the National Institute for Nutrition and Health Chinese Center for Disease Control and Prevention, the Institute of Food and Nutrition Development Ministry of Agriculture and Rural Affairs, the Society for Health Communication of the Chinese Preventive Medicine Association, and the Special Food Research Center of China Agricultural University, conducted systematic review and publish this consensus document based on the former version^[1].

咖啡的主要活性成分 ◀

MAIN ACTIVE INGREDIENTS OF COFFEE



咖啡是咖啡豆经烘焙、研磨、冲泡等工艺制作而成的饮品。咖啡中发现的生物活性成分包括咖啡因、绿原酸、葫芦巴碱和咖啡醇等^[2]，其中咖啡因和绿原酸的含量相对较高。

咖啡因又名咖啡碱，存在于咖啡、茶叶、马黛茶、可可、瓜拉纳、可乐果等 60 余种植物中，是咖啡的主要活性成分之一，中国居民摄入咖啡因的主要途径是茶^[3]。绿原酸又名酰基奎尼酸、咖啡鞣酸，广泛存在于植物性食物中，咖啡饮品、蔬菜和水果中含量尤多。中国居民膳食营养素参考摄入量提出的特定建议值为200 mg/d^[4]。

Coffee is a beverage made from coffee beans through roasting, grinding, brewing and other processes. The bioactive ingredients found in coffee include caffeine, chlorogenic acid, trigonelline, cafestol, and so on^[2]. Caffeine and chlorogenic acid present in relatively high amounts.

Caffeine, also known as theine, is found in over 60 plant species, including coffee, tea, yerba mate, cocoa, guarana, and kola nuts. It is one of the primary active ingredients in coffee, and tea is the main source of caffeine intake for Chinese residents^[3]. Chlorogenic acid, also known as acylquinic acid or cafetannic acid, is widely found in plant-based foods, with particularly high levels in coffee, vegetables, and fruits. Chinese dietary nutrient reference intake suggests a specific recommendation of 200 mg/day for chlorogenic acid^[4].

咖啡与健康的相关性 ◀

RELATIONS OF COFFEE AND HEALTH



目前围绕咖啡与健康的相关研究绝大多数是基于黑咖啡, 包括速溶咖啡与现磨咖啡。主流观点认为适量饮用3~5杯咖啡(每天200~400mg咖啡因)对健康成年人有一定的益处。美国^[5]、澳大利亚^[6]、新西兰^[7]、瑞士^[8]等国家和地区的饮食相关指南和建议中也将咖啡列入推荐的健康饮品, 但同时建议控制好摄入量。

Currently, most of the research related to coffee and health is based on black coffee, including instant coffee and fresh ground coffee. The mainstream viewpoint is that moderate consumption of 3-5 cups of coffee daily (200-400 mg of caffeine) has certain benefits for healthy adults. Dietary guidelines and recommendations from countries and regions such as the United States^[5], Australia^[6], New Zealand^[7], and Switzerland^[8] also mention coffee as a recommended healthy beverage, while advising moderate intake.

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COFFEE 咖啡与癌症 AND CANCER



2018年国际癌症研究机构基于上千项研究的综合评估结果显示, 咖啡增加人类癌症风险的证据不充分^[9]。不仅如此, 来自世界癌症研究基金会和美国癌症研究所的强有力证据表明, 咖啡能降低肝癌及子宫内膜癌的风险^[10-12], 国际癌症研究机构和美国癌症学会持类似观点^[9,13]。此外, 有研究表明, 咖啡可能降低患皮肤基底细胞癌、口腔癌和乳腺癌的风险^[14-16]。

In 2018, based on a comprehensive assessment of over 1000 studies the International Agency for Research on Cancer (IARC) concluded that there is inadequate evidence in humans for the carcinogenicity of coffee drinking^[9]. Moreover, strong evidence from the World Cancer Research Fund and the American Institute for Cancer Research shows that coffee decreases the risk of liver cancer and endometrial cancer^[10-12], IARC and the American Cancer Society hold similar standpoint^[9,13]. Additionally, studies have shown that coffee may decrease the risk of skin basal cell carcinoma, oral cavity cancer, and breast cancer^[14-16].

COFFEE AND ADDICTION

咖啡与成瘾性



目前的科学证据并不支持“咖啡因成瘾”^[17-18]，世界卫生组织、美国食品药品监督管理局、加拿大卫生部、澳新食品标准局、国际食品信息委员会等机构均不认为咖啡具有成瘾性^[19-23]。

咖啡因具有温和的中枢神经系统兴奋作用，少数经常饮用咖啡者突然停止饮用可能产生头痛、乏力、情绪波动等反应，但这些反应是温和且暂时的，逐步减少咖啡因摄入量就可以避免^[21-23]。

Current scientific evidence does not support the notion of "caffeine addiction"^[17-18]. Organizations such as the World Health Organization (WHO), the U.S. Food and Drug Administration (FDA), the Health Canada, the Food Standards Australia New Zealand (FSANZ), and the International Food Information Council (IFIC) do not classify coffee as addictive^[19-23].

Caffeine has a mild central nervous system stimulating effect, and a small number of regular coffee drinkers may experience mild, temporary symptoms such as headaches, fatigue, and mood swings while they suddenly stop drinking coffee. However, these symptoms can be avoided by gradually reducing caffeine intake^[21-23].



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COFFEE AND DIABETES

咖啡与糖尿病



国际糖尿病联盟^[24]、美国糖尿病协会^[25]等机构认为,糖尿病患者可以适量饮用黑咖啡,黑咖啡可以作为健康膳食的一部分。中国营养学会《食物与健康——科学证据共识》^[26]指出,每天饮用咖啡可以降低2型糖尿病发生风险(证据等级B级)。《澳洲膳食指南》^[6]也指出,每天饮用4杯以上的咖啡可以降低患2型糖尿病的风险(证据等级B级)。

The International Diabetes Federation(IDF)^[24] and the American Diabetes Association^[25] consider that people with diabetes can drink black coffee in moderation, and it can be part of a healthy diet. "Food and Health - Scientific Evidence Consensus" from the Chinese Nutrition Society^[26] indicates that drinking coffee daily can lower the risk of type 2 diabetes (evidence level B). The Australian Dietary Guidelines^[6] also indicates that coffee consumption of four or more cups per day is associated with reduced risk of type 2 diabetes (evidence level B).



COFFEE AND OSTEOPOROSIS

咖啡与骨质疏松



健康成年人可适量喝咖啡,但过量的咖啡因会增加骨质疏松发生的风险。中国《原发性骨质疏松症诊疗指南(2022版)》提示,过量饮用咖啡会影响钙的吸收,增加骨质疏松的风险^[27]。国际骨质疏松基金会^[28]、美国骨骼健康和骨质疏松基金会^[29]均持相同观点,国际骨质疏松基金会还建议增加膳食钙摄入量以平衡潜在的钙流失。

Healthy adults can consume coffee in moderation, but excessive caffeine intake may increase the risk of osteoporosis. The "Guidelines for the Diagnosis and Treatment of Primary Osteoporosis (2022)" suggest that excessive coffee consumption can interfere with calcium absorption and increase the risk of osteoporosis^[27]. The International Osteoporosis Foundation (IOF)^[28] and Bone Health Osteoporosis Foundation (BHOFF)^[29] hold the same view. The International Osteoporosis Foundation (IOF) also recommends increasing dietary calcium intake to balance potential calcium loss.



COFFEE AND CARDIOVASCULAR DISEASES

咖啡与心血管疾病



美国心脏协会^[30]和英国心脏基金会^[31]均认为适量饮用咖啡不会对心脏产生危害,澳大利亚心脏病基金会^[32]认为咖啡是有益心脏健康的饮品。来自亚洲和美国的前瞻性队列研究结果也表明,适量饮用咖啡可能降低心血管疾病发生风险,且观察到每天饮用3~4杯时降低的幅度最大^[33-34]。另外,一项超50万人的大型前瞻性队列研究显示,喝咖啡(尤其是每天2~3杯)可以降低患心血管疾病的风险^[35]。

The American Heart Association^[30] and the British Heart Foundation^[31] believe that moderate coffee consumption does not harm the heart, while the Heart Foundation^[32] considers coffee a heart-healthy beverage.

Prospective cohort studies from Asia and the United States suggest that moderate coffee consumption associated with a lower risk of cardiovascular diseases, the largest risk reduction was observed for 3–4 cups/d^[33-34]. Furthermore, a large prospective cohort study involving over 500,000 people showed that drinking coffee (especially 2-3 cups per day) associated with a lower risk of heart disease and dangerous heart rhythms^[35].

COFFEE 咖啡与睡眠 AND SLEEP



咖啡对睡眠的影响存在较大个体差异。美国睡眠医学学会^[36]、美国运动医学会^[37]、澳大利亚睡眠健康基金会^[38]等机构建议，临近就寝时间应避免摄入咖啡因。对咖啡因敏感的人群午餐后尽量避免摄入咖啡。

There are individual differences in the effects of coffee on sleep. Organizations like the American Academy of Sleep Medicine(AASM)^[36], the American College of Sports Medicine(ACSM)^[37], and the Sleep Health Foundation^[38] recommend avoiding caffeine close to bedtime. People who are sensitive to caffeine should avoid consuming coffee after lunch.

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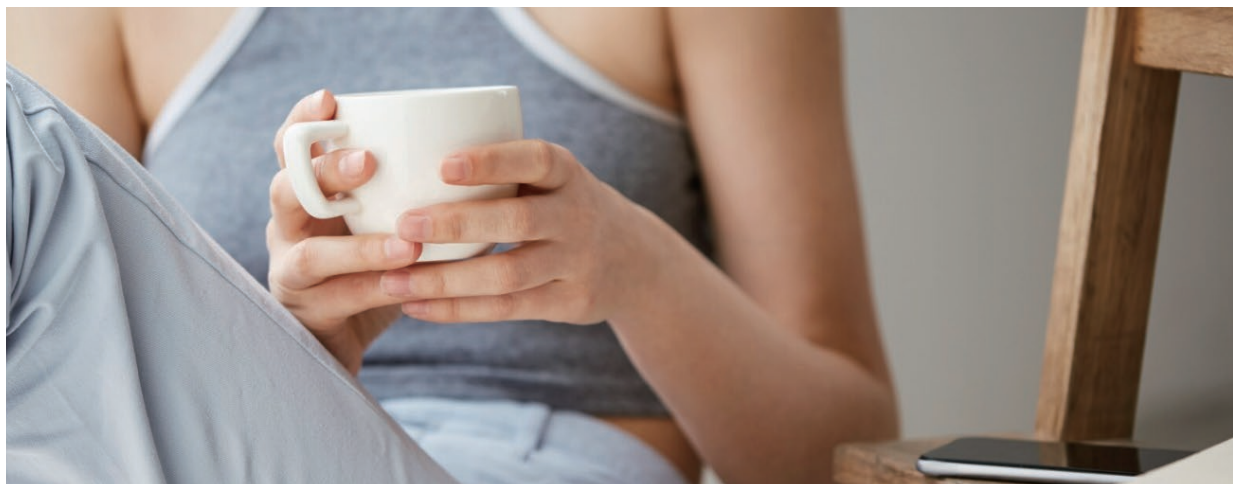
COFFEE AND SPORTS PERFORMANCE

咖啡与运动表现



咖啡中的咖啡因可以改善运动表现。国际运动营养学会认为,在运动前1 h摄入 3~6 mg/kg BW 咖啡因可以迅速增强有氧和无氧运动中的肌肉耐力和肌肉力量,提升短跑、跳跃、投掷等多种运动表现,同时提高运动中的注意力和敏感性。这一效应对于专业运动员和运动爱好者均有效,但个体差异明显^[39-40]。另有研究表明,摄入适量的咖啡因能够有效缓解健康成年人因运动引起的疲劳状态^[41-42]。

Caffeine in coffee can enhance sports performance. The International Society of Sports Nutrition recommends consuming 3-6 mg/kg body weight of caffeine 1 hour before exercise to enhance both anaerobic and aerobic performance, as well as sprinting, jumping, and throwing performance. Caffeine has been shown to be ergogenic for cognitive function, including attention and vigilance. This effect is beneficial for both trained and untrained individuals, but individual differences are significant^[39-40]. Other studies suggest that moderate caffeine intake can effectively reduce fatigue caused by exercise in healthy adults^[41-42].



COFFEE AND ALCOHOL INTERACTION

咖啡与酒精的相互作用



咖啡因具有中枢神经兴奋作用，而酒精具有中枢神经抑制作用。当咖啡与酒精混合摄入时，咖啡因会掩盖酒精的抑制作用，使饮酒者感知醉酒程度降低，饮酒量增加^[43-45]。美国食品药品监督管理局和美国疾病预防控制中心都曾提示咖啡因与酒精混合饮用会加大健康风险^[46-47]。

Caffeine has a stimulating effect on the central nervous system, while alcohol has a depressant effect. When coffee consumed with alcohol, the combination reduces perceptions of alcohol intoxication compared with administration of alcohol alone, including decreased perceived intoxication, enhanced stimulation, and increased desire^[43-45]. Both the U.S. FDA and the Center for Disease Control and Prevention(CDC) have warned that mixing caffeine and alcohol increases health risks^[46-47].



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OTHER CONSIDERATIONS

其他



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多项临床研究结果支持术后饮用咖啡可以有效改善胃肠蠕动^[48]。相关证据表明咖啡有可能降低非酒精性脂肪肝、肝硬化、抑郁症、阿尔兹海默症、帕金森病、全因死亡率等,但上述健康效应仍需进一步研究证实^[49-52]。目前,咖啡与肥胖以及生殖发育异常是否存在关系并不明确。

Several clinical studies support that drinking coffee after surgery can improve gastrointestinal motility^[48]. There is also evidence suggesting that coffee may reduce the risk of non-alcoholic fatty liver disease, liver cirrhosis, depression, Alzheimer's disease, Parkinson's disease, and all-cause mortality. However, further research is needed to confirm these potential health effects^[49-52]. The relationship between coffee and obesity or reproductive development abnormalities is still unclear.

咖啡的饮用建议

COFFEE CONSUMPTION RECOMMENDATIONS

综合各权威机构的观点, 适量饮用咖啡是安全且有利于健康。对于健康成年人, 每天可以饮用不超过3~5杯咖啡 (约400 mg咖啡因)^[3,21,53-55]。不建议孕妇饮用咖啡, 但是每天摄入不超过2~3杯咖啡 (约200 mg咖啡因) 不会对胎儿产生不利影响^[53-56], 同时我国膳食指南还建议婴儿3个月内, 乳母应避免饮用含咖啡因的饮品, 如咖啡、茶^[57]。此外不建议儿童和青少年饮用咖啡, 但是每天的咖啡因摄入量不超过每公斤体重2.5~3.0 mg是安全的^[3,53-55,58]。

人体对咖啡因的反应存在较大个体差异, 尤其是失眠、焦虑、心率加速、胃肠道反应 (如排便、食物消化) 等方面^[59], 且咖啡豆品种、加工方式、冲泡方式等因素也会对咖啡因含量产生较大影响, 因此, 应根据自身情况酌情控制饮用频次和饮用量。注意的是, 咖啡常以杯计量但并无国际统一单位, 因此对于杯量的建议仅供参考。

Based on the opinions of authoritative institutions, moderate coffee consumption is safe and beneficial to health. For healthy adults, it is recommended to consume no more than 3-5 cups of coffee per day (approximately 400 mg of caffeine)^[3,21,53-55]. Pregnant women are advised not to consume coffee, although drinking up to 2-3 cups per day (approximately 200 mg of caffeine) will not have adverse effects on the fetus^[53-56]. The Chinese dietary guidelines also recommend that mothers avoid caffeinated beverages such as coffee and tea during the first three months of breastfeeding^[57]. Furthermore, coffee consumption is not recommended for children and adolescents, though a caffeine intake of no more than 2.5-3.0 mg per kilogram of body weight per day is considered safe^[3,53-55,58].

Individual responses to caffeine vary significantly, particularly regarding insomnia, anxiety, increased heart rate, and gastrointestinal reactions (such as bowel movements and digestion)^[59]. Additionally, factors like coffee bean variety, processing methods, and brewing techniques can greatly affect caffeine content, so individuals should adjust their consumption frequency and amount based on their own conditions. It is important to note that coffee is often measured in cups, but there is no international standard unit for a "cup," so the recommendations for cup quantity are for reference only.



适量饮用咖啡
安全且有利于健康

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