

Coffee vs Coke

You're knackered. It's only 11am and you still have another 7 hours of your shift to go. What do you reach for? A freshly prepared, full of vitality, nutrient dense, superfood smoothie? Now wouldn't that be lovely! As it is, the only freshly prepared you have access to comes out of a kettle or a vending machine. So what to choose??? You're stuck between the devil & the deep blue sea - coffee or a coke?? Sound familiar? Well let's see if they are both as bad as we might think and have a quick look at the evidence out there. Both contain caffeine (I can't believe anyone's reaching for the decaf)... but how much?

A regular can of coke (375mls) will give you approximately 36mg of caffeine compared to about 57mg from an 8 floz (237mls) cup of instant coffee. So if it's just the caffeine you're after, seems like a coffee would be the winner. But what about that other pesky ingredient that we all love so much... sugar?

With the coffee - you're the one in control as it comes with a zero rating, so you can add as much (or as little) as you like. I'm not sure many of you out there would be adding 8 teaspoons though, which is exactly what you'll get in your can of coke (and for coke read all colas). Heading for the diet option? If you want my advice - don't... if you want the coke, have the real thing (we'll leave the diet drinks debate for another day).

To cut through all that sugar, the coke also contains Food Acid (338), also known as phosphoric acid. The ingredient that allegedly will dissolve a tooth if you leave it in a glass of coke overnight (note to self: keep teeth in mouth not in glass of coke!). Looking at some more reliable research - soft drink consumption has been shown to weaken our bones, which can increase the risk of fractures.

If you want more of a run down on how coke can affect your body, check out a pharmacist's view at: <http://www.news.com.au/lifestyle/food/how-coke-can-impact-your-body-up-to-an-hour-after-drinking-it/story-fneuz92c-1227462487849>

So what does the research have to say about coffee? Well, it doesn't get off that lightly when it comes to your bones but this might be offset by the drop of milk you add to your brew, especially if you read any research funded by the dairy industry.

On the upside, a review of the literature shows coffee is not associated with increasing your risk of dying from any condition. In fact, it can actually help reduce your chance of developing type 2 diabetes.

Does this hold true for instant coffee? Surprisingly-yes, it would seem so!
<http://www.berkeleywellness.com/healthy-eating/food/article/instant-coffee-benefits>

Would I rather you were reaching for that super smoothie? Absolutely! But this is the real world, and in the real world it's very often - coffee or coke.

So what would I be going for? Without doubt- coffee every time!