



## **Coffee May Reduce Type 2 Diabetes Risk**

*"Observing that three to four cups of coffee per day may help to prevent type 2 diabetes, the researchers also note that such moderate coffee consumption is not associated with increased risk of hypertension, stroke, or coronary heart disease."*

*Riobo P, et al. Presentation at 7th World Congress on Prevention of Diabetes and Its Complications, 13 Nov. 2012.*