

## Words About Wellness

### How Does Coffee Affect Weight?

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Have you ever wondered how coffee can affect weight management? Well, there are some mixed reviews out there about coffee as it relates to weight management.

- Black coffee is very low in calories, but high in caffeine. Thus, it is a natural stimulant that can boost your metabolism and suppress your appetite, which in turn can prevent weight gain.
- However, caffeine can contribute to poor sleep, which can promote weight gain. Also, some coffee drinks are loaded with excess calories from added sugar and/or fat, which can promote weight gain.
- In order to minimize the risk of gaining weight with coffee, it is recommended to limit the added sugar, incorporate healthier flavor alternatives and avoid surplus calories.

To learn more check out this article by Maria Zamarripa, MS, RD. [How Does Coffee Affect Weight? https://www.healthline.com/nutrition/coffee-and-weight-gain](https://www.healthline.com/nutrition/coffee-and-weight-gain)

