# Is Coffee The New Longevity Beverage?

**5 MIN READ**

**JUN. 6, 2025**

**BY KELLE WALSH**

# New research reveals how the timing of your daily coffee could impact your heart health, longevity, and risk of early death.

Coffee drinkers may understandably feel whiplashed when it comes to news about their daily fix. It seems like every couple of years research reveals another impact of coffee on health: good, bad, and just weird.

The latest? A new analysis from the **Nurses' Health Study**, one of the longest-running health studies in the U.S., followed over 47,000 women for three decades and found that those who consumed the most caffeine in midlife (mostly from regular coffee) had a 13% higher chance of reaching age 70 in good health, free from chronic diseases, cognitive decline, physical limitations, or major mental health issues.

The sweet spot? Around 315 mg of caffeine per day (about 3–4 cups of coffee).

This study joins a growing body of research suggesting that moderate coffee intake in midlife may help support longevity, resilience, and healthy aging, especially when paired with healthy habits like regular movement and a nourishing diet.

Another large **observational study** of more than 40,000 adults, published earlier this year, found people who drank coffee every morning were 16% less likely than non-coffee drinkers to have died, and 31% less likely to have died of cardiovascular disease, 9 years later. Those who drank 2 or more cups experienced the greatest protection.

# Watch the Super Age Explainer About Coffee and Longevity

## What the Latest Research Says About Coffee and Longevity

Interestingly, research indicates that *when* people drink coffee is what matters for longevity. Only morning drinkers seem to benefit: People who drink coffee all day or only in the afternoon have the same mortality risk as non-coffee drinkers. The study authors **suggest** that later coffee consumption may disrupt the body's circadian rhythm, undermining the brew's protective qualities.

**What Other Benefits Are Associated With Coffee?**

- **Decreased risk of some cancers:** Regular coffee consumption has been **linked** with decreased risk of some cancers, neurodegenerative disease, and certain cardiac conditions.
- **Decreased risk of Type 2 diabetes**. The **effect** isn't totally understood, but may be due to the **high levels of antioxidants** found in coffee beans, which can help lower inflammation in the body and improve insulin sensitivity. They may also offer protection to the pancreas, supporting healthy insulin production, and reduce risk of fatty liver disease, a **precursor** to diabetes.
- **Positive impact on metabolism.** The caffeine in coffee (and also tea) triggers the release of adrenaline, **which signals the release of fat into the bloodstream**. Once there, it can be easily used as fuel. Caffeine can also increase **resting metabolic rate** (RMR), causing greater calorie burn even when you're at rest. This effect is strongest among people **who are lean**; those with obesity experience less of an increase in RMR.

## Caffeine’s Effects on Your Mind and Body

Meanwhile, coffee’s energy-boosting and **cognitive benefits** are well-documented, including greater alertness, better attention, and faster reaction times. It can also help alleviate symptoms of **depression**.

It’s clear that coffee confers some benefits. But calling coffee a *health* drink may go a drop too far. Why? From risks of overconsumption to disruption of bone mineralization and more, this beloved beverage can have complicated effects on the body.

**Health Risks Associated with Coffee**

- **Sleep issues:** High levels of **caffeine** are associated with sleep disturbances, restlessness, anxiety, and elevated blood pressure.
- **Vitamin D Disruption**: Coffee has also been **shown** to disrupt vitamin D absorption, accelerating bone loss in post-menopausal women.
- **Increased LDL:** In some people, coffee, particularly unfiltered or boiled preparations, **can raise LDL cholesterol**.
- **Medicine Interference**: Chemical compounds in coffee can **interfere** with certain medications, including thyroid, antidepressant, anti-psychotic, and heart drugs.

Coffee may also have an unexpected effect on your behavior: A **2022 study** found that people who consume caffeine immediately prior to shopping made more impulse purchases and spent more money.

# Here’s When To Drink Coffee for Longevity

“**Up to four cups of black coffee** a day keeps the doctor away much longer than

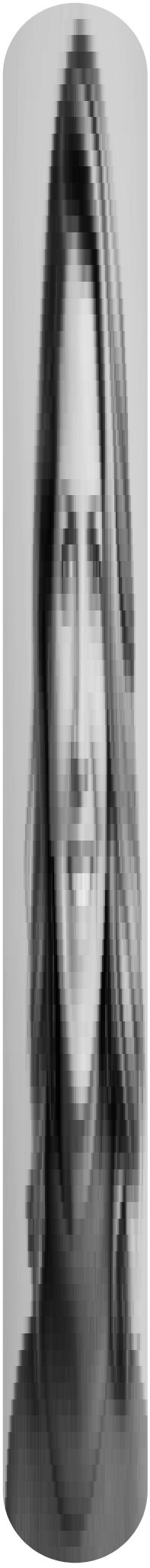
an apple," says Dr. Michael Roizen, Founding Chief Wellness Officer of the Cleveland Clinic and Super Age advisor. But skip the caramel macchiato and choose filtered black coffee because that is where the longevity magic lives.

- **Drink your coffee in the morning:** The **best time** to drink coffee for health benefits is in the morning, specifically between 4:00 a.m. and 11:59 a.m.
- **Men & Women:** 2 to 4 cups of filtered black coffee daily
- **Drink it black,** without added sugar or creamers
- **Brew through a paper filter** (or a Keurig pod) to avoid LDL-raising oils

*The information provided in this article is for educational and informational purposes only and is not intended as health, medical, or financial advice. Do not use this information to diagnose or treat any health condition. Always consult a qualified healthcare provider regarding any questions you may have about a medical condition or health objectives.**Read our disclaimers**.*

---

**WRITTEN BY:**



# Kelle Walsh