

Pros and Cons of Drinking Coffee for Weight Loss

Coffee makes the world go around, but can it also be a useful tool for weight loss? Well...yes and no. Here's a quick breakdown of the pros and cons.

Consult with your physician before deciding on your approach to weight loss.

PROS

CURBS APPETITE Caffeine functions as an appetite suppressant, so you could use it as a low-calorie alternative to your usual afternoon snack.

ENERGY FOR EXERCISE A cup of coffee can give you the extra pep you need to hit the gym when you might have otherwise slacked off.

FASTING FRIENDLY Black coffee contains zero calories, so it won't break a fast and it won't interrupt the fat-burning benefits that fasting brings.

METABOLIC BOOST Caffeine can cause some peoples' metabolism to quicken, meaning you'll passively burn more calories after a cup of coffee.

CONS

DEPENDENCY Your appetite might come back with a vengeance on the odd day when you don't have coffee available or simply aren't in the mood to drink it.

HEALTH RISKS Caffeine can elevate blood pressure and exhaust the cardiovascular system. If you already experience a lot of stress, frequent coffee intake may be the last thing your body needs.

SUGAR CRAVINGS Many people are used to having coffee with a doughnut or pastry, so your brain may be primed to expect a sweet treat whenever you have a cup of joe.

DIVERSE REACTIONS Everyone has different reactions to coffee and caffeine, so depending on your own body's biochemical reaction this may not be for you.

