



# Great news about coffee!

## What's Your Coffee IQ?

- 1. Which food contains the most antioxidants?<sup>1</sup>**  
a. Green tea      b. Blueberries      c. Coffee      d. Red Wine
- 2. Which beverage can improve your stamina and reduce muscle pain?<sup>2</sup>**  
a. Milk      b. Orange juice      c. Protein shake      d. Coffee
- 3. Which of the following is most effective to help you stay alert when taking a long drive?<sup>3</sup>**  
a. Open the window whatever the weather      c. Listen to lively music  
b. Pull off the road for coffee and a break      d. Sing aloud
- 4. How can you improve your handwriting?<sup>4</sup>**  
a. Hold your hand slightly off the paper      c. Drink a cup of coffee  
b. Sit upright, with spine straight      d. Use a pencil instead of a pen
- 5. What should you do to stay well hydrated when you exercise?<sup>5</sup>**  
a. Run in the shade where possible      c. Drink an iced coffee  
b. Wipe away your perspiration frequently      d. Alter running speed every 10 minutes
- 6. Which common beverage has the most soluble fiber?<sup>6</sup>**  
a. Apple juice      b. Coffee      c. Grape juice      d. Milk



**Answers:** If you chose all the answers that contained the word **coffee**, you've got an extraordinary coffee IQ!

For flavorful and healthful food creations, try the coffee recipes available at [www.coffeescience.org](http://www.coffeescience.org).

<sup>1</sup>Coffee and cardiovascular disease: In vitro, cellular, animal, and human studies. *Pharmacol Res*: 2007.

<sup>2</sup>Effect of caffeine on leg muscle pain during cycling exercise among females. *Med Sci Sports Exerc*: 2006.

<sup>3</sup>Effect of chronic caffeine intake on choice reaction time, mood, and visual vigilance. *Physiol Behav*: 2005.

<sup>4</sup>The effect of caffeine on handwriting movements in skilled writers. *Hum Mov Sci*: 2006.

<sup>5</sup>Fluid, electrolyte, and renal indices of hydration during 11 days of controlled caffeine consumption. *Int J Sport Nutr*: 2005.

<sup>6</sup>Dietary fiber in brewed coffee. *J Agric Food Chem*: 2007.