

Re: Coffee and cholesterol

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From: Matti Narkia (mnng1_REMOVE_THIS_at_despammed.com)

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06 Oct 2004 19:41:17 GMT in article

<Xns957AA053CF58Aosome1outthere@38.144.126.103> listener

<listener@nospam.net> wrote:

>fyfpoon@hotmail.com (francispoon) wrote in

>news:936eae8.0410060953.659a739c@posting.google.com:

>

>> A doctor in Vancouver told my friend that coffee increases the bad

>> cholesterol in our body. Is there any truth to that?

>>

>> All views appreciated,

>>

>> FP

>>

>

>There was a study in 2001 that found a statistically significant dose

>response between (unfiltered)coffee drinking and both total and low-density

>lipoprotein cholesterol levels. There is also some research that purports a

>rise in homocysteine levels coffee. I think in both instances it relates to

>regular coffee (not decaf) and 4 - 6 cups per day.

>

You are right on both accounts: unfiltered coffee raises cholesterol and large amount (1 L) of unfiltered coffee daily raises serum homocysteine concentration. Coffee contains cholesterol raising substances called cafestol and kahweol, which are retained by a paper filter.

I'm not sure if decaf has cafestol and kahweol left, but my guess is that it has. If it has and if it's not filtered, it will probably also raise cholesterol.

Related Medline references:

Ahola I, Jauhiainen M, Aro A.

The hypercholesterolaemic factor in boiled coffee is retained by a paper filter.

J Intern Med. 1991 Oct;230(4):293-7.

PMID: 1919421 [PubMed - indexed for MEDLINE]

<URL:http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=1919421&dopt=Abstract>

sci.med.cardiology: Re: Coffee and cholesterol

Weusten-Van der Wouw MP, Katan MB, Viani R, Huggett AC, Liardon R, Liardon R, Lund-Larsen PG, Thelle DS, Ahola I, Aro A, et al.

Identity of the cholesterol-raising factor from boiled coffee and its effects on liver function enzymes.

J Lipid Res. 1994 Apr;35:721-33.

PMID: 7911820 [PubMed - indexed for MEDLINE]

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