



AMERICAN CANCER SOCIETY: COFFEE REDUCES CANCER RISK

10 June 2020 | NEW YORK – Drinking coffee reduces the risk of multiple types of cancer, according to new American Cancer Society (ACS) [guidelines](#) for lifestyles that lower cancer risk.

Citing a comprehensive body of independent scientific research, as well as global and U.S. dietary guidance, ACS concludes coffee reduces the risk of skin, mouth and throat cancer and likely reduces the risk of liver and endometrial cancer, as well.

A separate independent review released in May covering nearly 2.5 million people that found coffee is the only antioxidative food associated with a protective effect against skin cancer.

ACS notes that a single cup of coffee contains hundreds of natural compounds which may have anti-inflammatory properties and benefit metabolism, inhibit cell damage and the growth of cancer cells, and regulate genes involved in DNA repair. ACS also notes that antioxidants are thought to protect against cancer and should be consumed through whole foods. Coffee is the leading source of antioxidants in Americans' diets.

“Amid a pandemic that has shown us the value of sound public health advice, new evidence of coffee’s health benefits is welcome good news,” commented **Bill Murray, President & CEO of the National Coffee Association.**

“From reducing risk of multiple cancers and chronic diseases to improving mental health,” Murray continued, **“scientific evidence across the board shows that America’s favorite beverage contributes to longer, happier, healthier lives. All the more reason to pour another cup.”**

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[About the National Coffee Association](#)

[The National Coffee Association of U.S.A., Inc.](#) (NCA), established in 1911, is the leading trade organization for the coffee industry in the United States. The NCA is the only trade association that serves all segments of the U.S. coffee industry, including traditional and specialty companies. A majority of NCA membership, which accounts for over 90% of U.S. coffee commerce, comprises small and mid-sized companies and includes growers, roasters, retailers, importer/exporters, wholesaler/suppliers, and allied industry businesses. Please visit ncausa.org to learn more.