

## Prodigy of green coffee beans

Akanksha Patel

Department of Applied Life Science, Uttaranchal University, Dehradun, Uttarakhand

Corresponding author: akankshapatel98@gmail.com

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### INTRODUCTION

Green Coffee beans are mainly an unroasted coffee, which are completely raw. It is extremely beneficial for human health and used in various ways for human consumption. It is beneficial as it contain a high amount of antioxidant properties and anti-inflammatory which is called as “*chlorogenic acid*”. Amount of chlorogenic acids are high in unroasted coffee beans as after roasting it will decrease the amount due to heat.



### BENEFITS OF GREEN COFFEE BEANS

#### Reduces risk of chronic diseases

- As unroasted coffee beans have high amount of chlorogenic acids so, it will be beneficial for chronic diseases like diabetes and heart diseases.
- It may also decrease the high blood pressure and blood sugar level.

#### Best for weight loss

- Intake of coffee beans may increase metabolism rates which works wonder in weight-loss (personally experienced).

#### Some risk & side effects of green coffee beans

#### Effects of excess amount of caffeine

Green coffee and raw coffee both contain caffeine. Normal amount is safe to consume but high amount of intake can lead to some problems like anxiety, sleep disturbances and many other.



### **May effect the calcium amount**

It may weaken the bones tissue due to depletion of calcium. (Study proved this).

### **Conclusion**

*“Everything has its limit”.*

Same for food also, Coffee beans are great when use it in limited amount over intake of this can lead to several problems.