

COFFEE CAFFEINE EXPERTISE AND ITS EFFECTS ON NUTRITION AND CONSUMERS HEALTH

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Abstract

The experimental research looked at the side effects of coffee alkaloids on consumer nutrition. Most coffee drinkers do not know the side effects of alkaloids in that, especially caffeine. On the other hand, from a nutritional point of view, the higher the caffeine content, the higher the mineral content. So, the permissible dose limit of caffeine, an exciting nerve cell alkaloid, LD50 of 200 mg caffeine / 100 g of coffee, induces a better state of comfort, concentration and better energy level, because when the amount of coffee used to prepare a coffee, increases the level of minerals, although the benefits of coffee consumption disappear. The experimental results obtained show that at caffeine concentrations of 200 mg / 100 g coffee the permissible limit level, the concentration in mineral substances is 692.1 mg for Arabica coffee and 391.5 mg for Robusta coffee. The LD50 limit of 200 mg / 100 g of caffeine means 3 and a half doses for Arabica coffee and 2 doses for Robusta coffee. In conclusion, what exceeds this number of doses, i.e. between 225-300 mg / 100 g caffeine, 4-5 doses, a concentrated coffee, means a consumption of coffee with harmful effects on the body, even if the human metabolism requires it due to a significant intake of mineral salts of 7.94% for Robusta coffee and 13.88% for Arabica coffee compared to the recommended daily dose DZR.

Key words: caffeine effects vs. mineral salts