



COFFEE ART BY MICHAEL BREACH (@BARISTART, WWW.BARISTART.COM)

Boosts Performance

Two to three cups of a robust brew, like Starbucks Pike Place, can reduce perceived exertion in athletes and increase endurance performance by an average of 24 percent, giving you an extra push, according to a 2016 review.

Preserves Your Memory

Moderate, long-term coffee consumption was associated with a 27 percent reduced risk of developing Alzheimer's disease, in a 2016 study. Other research suggests that those who drink three to five cups a day get the most protection.

Keeps You Happy

A 2011 study found that women who drank two to three cups a day were 15 percent less likely to develop depression, compared with those who had one cup or less per day. This may be due to how caffeine binds to mood receptors.

Promotes Health

Studies show that people who drink coffee regularly tend to live longer and have lower rates of diabetes, heart disease, colon cancer, and melanoma. These benefits are likely tied to the drink's antioxidant and anti-inflammatory properties. ▶

COFFEE PERKS

A regular cuppa joe does more than just get you moving.

BY AMANDA MacMILLAN

Quick Bites

These snacks complement your coffee, says Tina Hauptert, marathoner and nutrition coach.

1. Almond Joy Protein Balls

Combine 4 chopped Medjool dates, 1 scoop vanilla protein powder, 2 Tbsp. almond butter, 2 Tbsp. shredded coconut, 2 Tbsp. chocolate chips, 1 Tbsp. melted coconut oil. Roll batter into 8 balls and refrigerate, on parchment paper, for at least an hour.

2. Medjool dates stuffed with almond butter and cinnamon

3. Plain yogurt with granola and maple syrup

4. Graham crackers, topped with peanut butter and jelly

5. Diced apple, sautéed in coconut oil until soft, topped with cinnamon

6. Toasted waffle, topped with marmalade and honey

7. Microwaved banana slices with dark chocolate chips

Wired Differently

Whether you're buzzed after just a cup or unfazed by an entire pot may be tied to your DNA: Your genes could dictate how much caffeine you need to feel the effects and how long they'll last.



FOOD STYLING BY BARRETT WASHBURN

Coffee Run

Caffein-ater

Here's how much buzz you'll get.

Starbucks Coffee (Pike Place roast)
12 oz., 233 mg.

Starbucks Espresso
2 oz., 150 mg.

STEM Caffeinated Peanut Butter
2 Tbsp., 150 mg.

Run Gum
1 pack (2 pieces), 100 mg.

Red Bull
8.4 oz., 80 mg.

Folgers House Blend
12 oz., 60 to 80 mg.

Mountain Dew
12 oz., 54 mg.

Black Tea
1 tea bag, 47 mg.

Tazo Organic Iced Black Tea
14 oz. bottle, 45 mg.

Dark Chocolate
40 g. (1 serving), 40 to 50 mg.

Viter Energy Mints
1 mint, 40 mg.

GU Energy Gel "Espresso Love"
1 packet, 40 mg.

Green Tea
1 tea bag, 29 mg.

Clean Energy Patch
(applied to skin) 35 mg.

Coca-Cola
12 oz., 34 mg.

Blue Diamond Café Mocha Almonds
1 oz., 24 mg.

Chocolate Milk
8 oz., 4 mg.



Counter Culture, Forty-Six

This chocolaty, organic dark roast tastes great hot but makes an even better cold brew. Try your grocer, a local coffee shop, or online. \$15.25 for 12 oz. beans



Starbucks Via, Italian Roast

The signature dark roast is almost as good in a just-add-water instant formula. When you're traveling for a race, these packets are a lifesaver. | \$9.95 for 12



Runner's World Marathon Roast Organic Coffee

Have a cup of coffee with the RW editors (sort of!) with this organic Peruvian brew. | \$16 for 12 oz. | shoprunnersworld.com



Runner Nation Mug

No matter which brew you choose, sip it in true runner fashion with this new Runner's World mug. | \$10 | shoprunnersworld.com



StoK Cold Brew

Steeped at low temps for 10 hours, this bottled blend has no trace of bitterness. Choose from "un-sweet" (0 g sugar) or "not-too-sweet" (9 g sugar per 8 oz.). | \$4.59 for 48 oz.



Green Mountain, Nantucket Blend

An easy-drinking, Fair Trade-certified medium blend with hints of berry and smoke. | \$7.49 for 12 K-Cups