NCA: U.S. dietary guidelines should reaffirm coffee is part of healthy diets

FOR IMMEDIATE RELEASE

New York, New York - Today (February 7, 2020) William "Bill" Murray, President and CEO of the National Coffee Association, issued the following statement after submitting comments on behalf of the NCA to the Dietary Guidelines Advisory Committee (DGAC), the body charged with making science-based recommendations to the U.S. Department of Agriculture and the Department of Health and Human Services regarding the 2020-2025 Dietary Guidelines for Americans.

"Since 2015, when the U.S. government first advised Americans that coffee can be part of a healthy diet, overwhelming scientific evidence has even more strongly confirmed that coffee drinkers live longer, healthier lives," Murray said.

"Study after study shows that drinking coffee can protect against some cancers and chronic diseases, regardless of whether consumers add things like milk and sugar to their favorite drink. Instead of evaluating coffee independently, the 2020 DGAC is considering coffee in the broad category of beverages. NCA is concerned this approach does not adequately reflect coffee’s many unique health benefits.”

NCA regularly submits comments to the DGAC in order to shine a spotlight on the mountain of scientific evidence supporting coffee's role as a healthy beverage. For more information on coffee and health, or to read NCA’s comments to the DGAC, visit ncausa.org.

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Media inquiries: 212-766-4007 / media@ncausa.org

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, is comprised of small and mid-sized companies and includes growers, roasters, retailers, importer/exporters, wholesaler/suppliers, and allied industry businesses. Visit ncausa.org to learn more.