

Coffee and tea

Contributed by [The Blue Dove Foundation](#)

Source: <https://www.cnn.com/2020/04/16/health/foods-boost-mood-diet-drayer-wellness/index.html>



Coffee and tea are sources of caffeine, which can give us a lift.

When we consume caffeine, it has positive effects on mood and alertness, and people like these beneficial effects.

One meta-analysis revealed that consuming coffee (and tea) may help protect against depression.

Just keep in mind that people vary in their tolerance to caffeine. Many people consume caffeine without negative consequences, but for some individuals, either regularly consuming too much caffeine or consuming too much at once can cause distress.

Green tea has less caffeine than coffee, is a rich source of the antioxidant epigallocatechin gallate, or EGCG, and also contains the amino acid theanine, which may help reduce stress and promote calm feelings.