

BROADCAST-New study suggests coffee supports gut health and mood

ANCHOR LEAD-IN:

A new study is challenging long-held beliefs about coffee, suggesting it could benefit both gut health and mood. We check in with a gastroenterologist from OSF HealthCare to see just how excited coffee achievers should be about these latest results.

Published in *Nature Communications*, the research followed 62 participants and found regular coffee drinkers reported lower levels of stress, depression, and impulsivity. They also showed higher levels of beneficial gut bacteria and reduced inflammation, with caffeinated coffee linked to improved attention.

Researchers say coffee's mix of compounds may interact with the gut microbiome in ways that positively influence both digestion and mental well-being.

But Dr. Omar Khokhar (KOH-car) says the study is small and doesn't account for differences in coffee type or individual biology.

SOT-Dr. Omar Khokhar

"What I would like to see personally is if you controlled for what specific coffee a group of volunteers ingested and then either through blood or stool, looking at their exact gut microbiome diversification or pattern to see if that improved or how that changed from a robustness and a diversity point of view. That would be more objective." (:20)

For now, experts say moderation is key, as coffee's effects can vary and more research is needed.