

## Coffee roasting time changes the nutrients

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To reach this conclusion, Korean scientists tested nutritional tests of *Coffea arabica* coffee originating in Southwest Ethiopia with different roasting levels and times.

The results showed that caffeine is not much affected by roasting time; conversely, chlorogenic acid concentration increases if roasted too much.



Previously, there were also many researchers who tested coffee extracts as well as different types of beans on animals, they found that antioxidant and anti-inflammatory agents were reduced sharply when they were roasted, baked in long intensity.

*'It is known that in coffee beans there are many other chemicals that can help fight chronic inflammation ,'* said Sampath Parthasarathy editor, interim associate professor of Central Florida University of Medicine in a statement. *'It's not like people think of coffee, people only know caffeine, a common substance found in some soft drinks .'*

In summary, this study shows that some beneficial compounds may be affected during coffee roasting at different roasting levels.

This research has just been published in the Journal of Medical Food.

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