



Coffee Alternatives and Their Benefits

Millions of people start their day with cup of coffee, and some continue to drink it throughout the day. According to [Forbes Health](#), research shows that coffee can have several positive health outcomes, including decreased risk of certain diseases, support of brain health and indigestion, and increased energy. However, drinking too much can have adverse affects, such as anxiety and increased heart rate. Let's discuss some healthy alternatives to coffee that will give you similar benefits without some of the adverse affects.

Caffeinated Coffee Alternatives

According to [Harvard Health](#), 8 ounces of brewed coffee contains 95 mg of caffeine. If you are looking for something with a little less caffeine, the options below could be worth trying.

Matcha

With only 70 milligrams of caffeine, matcha provides the boost you need without causing jitters. In fact, the green tea leaves that make matcha are said to reduce stress and anxiety.

Green and Black Tea

Both green tea and black tea have less caffeine than coffee, so while it may not have as strong of an energy boost, it will still give you a lot of benefits and you can avoid the adverse affects of coffee.

Yerba Mate

Yerba mate, also known as mate, is an herbal tea that has a significant amount of caffeine. With a more earthy, bitter flavor, this might be a great choice for those who enjoy plain black coffee. Despite having a similar caffeine content to coffee, many people report that they get the energy boost without the jitteriness when drinking this tea.

Yaupon Tea

Another herbal tea, yaupon has a similar flavor to green tea and contains 60 mg of caffeine per cup. The compounds in this tea promote good blood flow, and provide a slower, more long-lasting energy boost.

Caffeine-free Alternatives

Chicory Coffee

This drink made from the *Chicorium Intybus* plant root has a similar flavor to coffee but is caffeine free. This is perfect for those who enjoy the taste of coffee but want to avoid the caffeine. It is also said to have anti-inflammatory properties.

Mushroom Coffee

While this may seem like a strange flavor combination, mushroom coffee has taken the internet by storm. With almost little to no caffeine, this drink may provide additional benefits, and it still tastes like coffee! As this is still a fairly new drink option, the benefits and adverse effects have not yet been proven, so do your research to see if this could be a good option for you.

Spearmint Tea

This particular tea made from dried spearmint leaves contains no caffeine and is said to boost brain function, improve concentration and support short term memory. Not only can you enjoy this leaf as a drink, it can also be added to many foods.

There are many options for alternatives to coffee, both caffeine free and caffeinated. It is important to do your research when considering trying something new, and you should be able to find something that suits your tastes!