

A doctor named alcohol and sweet syrups as the most harmful additives to coffee

According to Pavlyuk, alcohol adds not only alcohol but also sugars to coffee, “so it’s a double whammy.” And syrups are liquid sugar, which is the most unhealthy sweet product for the body.

The nutritionist named cinnamon as a beneficial additive to coffee, which, when consumed in moderation, promotes carbohydrate metabolism and is good for the heart and intestines. The expert also named cream as not harmful. But if a person has heart problems, then it is better to avoid cream.

News materials cannot be equated with a doctor’s prescription. Consult a specialist before making a decision.