

Your morning cup of coffee might make you a bit jittery and upset your stomach. Here's what you can try instead.

- **Matcha.** Unlike coffee, it provides a milder energy boost. The antioxidant epigallocatechin gallate (EGCG) found in matcha is associated with reducing inflammation, improving heart health, and protecting against certain types of cancer. Matcha also contains a high amount of L-theanine, an amino acid that promotes sustained energy and focus.
- **Tea.** A cup of tea with milk offers about 21 mg of caffeine (compared to 90 mg in a cup of black coffee). You can also add spices to this beverage.
- **Mushroom coffee.** It may contain caffeine or be caffeine-free. The mushrooms in this coffee help the body adapt to stress and become more resilient.
- **Yerba mate.** It contains as much caffeine per cup as coffee. This drink also includes theobromine and trace amounts of theophylline, which enhance concentration and boost energy levels without causing jitters.
- **Chicory coffee.** Rich in inulin, a type of prebiotic fiber that serves as fuel for beneficial gut bacteria. It also has a mild laxative effect.
- **Mint tea.** Caffeine-free but valued for its benefits for digestion, antimicrobial properties, and antiviral characteristics.
- **Golden milk latte.** Adding a pinch of black pepper to this beverage enhances the bioavailability of curcumin.
- **Rooibos tea.** It contains antioxidants like aspalathin and quercetin, which may benefit heart health and have anti-inflammatory effects.

Keep in mind that news materials are not a substitute for a doctor's advice. Consult a specialist before making decisions.