**Coffee Production Today**

Coffee grows in about eighty countries in South and Central America, the Caribbean, Africa and Asia. Arabica coffee accounts for about three-quarters of coffee cultivated worldwide.

**Different Drink**

The coffee we drink is made from roast and ground cofee prepared in different ways:

Filter or drip coffee is made by putting finely-ground coffee in a paper or reusable cone-shaped unit. Nearly-boiling watter is then poured on top. The brew filters through the unit into a pot or mug and is ready to drink. The coffee grounds remain in the cone. These days, this is mostly done by electric filter coffee machines.

The plunger method is made from coarsely ground coffee placed in a pot and hot water added to the grounds.  The brew is stired and left to steep for three to five minutes. The plunger is then pushed down to separete the coffee grounds from the coffee infusion.

Espresso machines force hot water under pressure through very finely ground and compacted coffee into the cups below. This enables significant aroma and flavor to be extracted with low quantities of water. Espresso coffee also usually has a top layer of crema, which is a fine and creamy foam.

Swedish/Scandinavian brewed coffee, as its name suggests, is used in Sweden, as well as other parts of the Nordic region, such as Finland. It is made by boiling ground coffee in water and serving, often without filtering. It tends to be very strong. The coffee is often kept hot for consumption throughout the day.

Turkish coffee is made in an ibriq, a small copper pot with a long handle. Two teaspoons of finely-ground coffee plus one of sugar are added to a cup of water and the mixture is brought to the boil. The ibriq is taken off the heat as it comes to the boil, usually three times. It is then poured out and drunk. A cardamom seed is sometimes aded for flavour.

Coffee may then be elaborated to suit individual tastes, for example by adding milk and sugar, frothed milk, flavouring syrups, spices etc.

**Coffee**

Instant – or soluble – coffee is made from coffee beans that have been roasted and ground. The ground beans are then extracted with hot water to recover the coffee flavour and aroma. The process is similer to using a coffee percolator at home. The coffee extract is then dried in one of two ways:

Spray-drying

In spray-drying the coffee extract is sprayed into a stream of hot air at the top of a tall cylindrical tower. As the droplets fall, they dry, becoming a fine powder by the time they reach the bottom. The powder may then be texturised into granules to facilitate dosage and dissolution. The quality of the aroma and flavour are preserved thank to the very fast drying occurring during this process. Spray-drying is the most commonly used drying process.

Freeze-drying

In freeze-drying, the coffee extract is frozen to about – 40°C and cut into granules. The frozen granules are then dried at low temperature and under vacuum. The quality of the aroma and flavour are protected by the very low temperature and gentle drying conditions.

Finally, the soluble coffee is packaged into either glass jars or sachets.

**Nutritional Profile**

Coffee is enjoyed by millions of peoples around the world and its components have been extensively researched. Taken overall, the resaerch indicates that, when consumed in moderation, coffee can contribute to a healthy, balanced diet.

Nutrition Information

Black coffee contains no significant amounts of the macronutrients, fat, carbohydrate and protein and therefore contains only 1-2 kcal per 100ml.

However, the final nutrition profile of a cup of coffee will be affected by several factors:

* The addition of milk, cream, sugar or other sweeteners to taste will affect the final nutritional value and may increase the calorie content.
* The variation in cup sizes used across europe may alter the nutritional value.

Black coffee contains a number of micronutrients, notably potassium, magnesium and niacin.  The sodium level is very low.

**Coffee and Hydration**

Black coffee contains in excess of 95% water and, according to the latest research, when consumed in moderation, it does not lead to dehydration.   Therefore, a cup of coffee contributes to the daily fluid balance.

* Studies have shown that cafeine consumption, up to the equivalent amount found in 5 cups of caffeinated coffee, does not cause dehydration.
* There may be a mild short-term diuretic effect from caffeine but this is not strong enough to outweigh the benefits of fluid intake from coffee consumption.
* Research suggests that moderate caffeine consumption does not alter total body water and fluid distribution and drinking a variety of caffeinated beverages, such as coffee, can contribute to meeting the body’s requirement for fluids.
* The body of evidence available suggests that advice to abstain from coffee drinking to maintain fluid balance is unfounded.

**Caffeine**
Caffeine is the major pharmacologically active compound in coffee and it is a mild central nervous system stimulant. A typical cup of coffee provides approximately 80 – 100mg caffeine. Extensive research has shown beneficial effects of caffeine in the diet, such as improved attention, alertnessand physical performance. In some individuals, however, there can be adverse effects, such as disturbed sleep patterns.

**Antioxidants**
Coffee naturally contains a variety of compounds that display antioxidant properties.  These include chlorogenic acids and melanoidins which can deactivate oxidants, and N-methylpyridinium, which can boost cell defence mechanisms. <http://coffeeandhealth.org/all-about-coffee/references-2/>

**Most Popular Coffees**

Coffee has become more and more popular over the years. The most popular types of coffee include [Espresso](http://espresso-maker-machines.top5reviews.com/), Cappuccino, Americano, Caffe Latte, Turkish Coffee and Macchiato.