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The Mechanism of Coffee for Reducing Uric Acid in Obesity

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Introduction: Indonesia is one of producer country for Robusta coffee beans. Semarang is one of city in Indonesia which has many minimarkets and cafes. Obesity is one of metabolic syndrome which has relationship with uric acid. Obesity will increase the level of xanthin oxidoreductase, the enzyme that responsible for the forming of uric acid. Coffee is one of the most favorite drinking which has health benefit for reducing uric acid. There are few of people who understand it well. In this review study we discuss it in obesity.

Methods: Systematic Review

Results: Consumption 2 cup of coffee daily in human or 0, 72 ml daily in wistar rats more better for reducing 15% uric acid level than 1 or 3 or 4 cup of coffee daily.

Discussion: Caffeine of coffee as thermogenic agent reduces the diameter of adipose cells. Caffeine has diuretic effect so the body excretes urine and reduces uric acid level. Polyphenol in the whole food of coffee drinking reduces adipose tissue. Tryptophan protein in green coffee influences serotonin for controlling appetite in the brain, so reduces the consumption of food daily. In obesity, tryptophan is lower than in normo weight. Carbohydrate of coffee in several coffee powder from Semarang (Jawa Tengah, Indonesia) minimarket has at about 16% high fiber which has lower glycemic index, so will reduce hyperglycemia postprandial. Boil of Robusta coffee powder has higher antioxidant than Arabica. Coffee contains lipid, vitamin, minerals that has healthy benefit for obesity.

Conclusions: Coffee has caffeine, polyphenol, protein, carbohydrate, lipid, vitamin, mineral which many mechanisms healthy benefits for reducing uric acid level in the obesity.

Biography:

Rosa Lelyana is a Medical Doctor/ Doctor/ General Practitioner/Scientist and Editor/ Reviewer of Int Js, Senior Lecturer, Professional Researcher for the research field related to Coffee/Medicine/Nutrition.