Caffeine DOES NOT Stunt Growth

Coffee is one of the world’s most popular drinks, with average Canadians spending over a thousand dollars on coffee per year. However, coffee contains caffeine, which is commonly known for being bad for one’s health. “Coffee stunts your growth” is a common myth told by parents to prevent growing teens from getting a caffeine addiction, but is it true? As of now, there has been no evidence that coffee consumption has any an effect on height. There has been research conducted to determine if caffeine is correlated to adolescent bone gain. At first during the early stages of the research, it was found that there was a relationship between caffeine intake and calcium absorption. Since calcium is essential for bone strength, growth, and other health factors involving growth, it was not surprising that a myth going around stating that coffee drinking would hinder adolescents’ growth. However, the amount of calcium reduced in absorption is so miniscule that it can usually just be replaced by around 180 milliliters of milk for every cup of coffee drank. One research in particular that took place in the Department of Obstetrics and Gynecology, Penn State College of Medicine, USA, looked at whether caffeine consumed by American adolescent females between ages 12 – 18 would affect their body growth. There were a total number of 81 white females that were split into three subgroups all intaking a different amount of caffeine each day. The information of their body growth was recorded over a time span of six years, and finally the results were collected. The results showed that between the three groups, each taking a different amount of caffeine daily, had no significant differences for total body bone mineral gain over that past years. The group that had the lowest caffeine intake daily had more milk in their coffee consumed more calcium, compared to the group that had the highest caffeine intake contained more carbohydrates. The differences observed in nutrient and food intakes among the three groups shown little to no relationship to body growth. Overall, the similarity in results between research on caffeine intake and calcium absorption show that coffee is not linked to stunted growth. However, excessive consumption of caffeine can lead to many other health problems.

# *References*

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