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REACTIVE MEDIA STATEMENT EFSA Scientific Opinion on Furan and Food

The safety of coffee for consumers is the most important priority for the coffee industry and the British Coffee Association supports efforts by the European Food Safety Authority (EFSA) to evaluate the potential health impacts of furan and methylfurans in foods and beverages, contributing to this process with research and data on coffee. Following the publication of EFSA's Scientific Opinion on furan and food, it is clear that its impact on human health requires further scientific assessment as, to date, the majority of studies have been conducted on laboratory animals. Additionally, EFSA, who has published their opinion in response to a request from the European Commission, acknowledges that there are no standardised analytical methods or certified reference materials available yet established and that this is a challenge in accurately assessing impact.

Last year, in 2016, the World Health Organization's International Agency on Cancer Research found no conclusive evidence for a carcinogenic effect of drinking coffee following an in-depth review of the science¹. This follows other strong evidence that coffee may be associated with a protective effect against some types of cancer²⁻⁶.

Coffee is one of the most heavily researched products in the world today, and the overwhelming weight of scientific evidence concludes that moderate coffee consumption of four to five cups per day (400mg caffeine), or two to three cups for pregnant women (200mg caffeine from all sources) can contribute to a healthy, balanced diet, and may even confer a range of health benefits.⁸⁻¹¹ Additionally there is strong independent scientific evidence that coffee even has a protective effect against several health issues, including neurodegenerative diseases, and certain cancers such as endometrial, liver and bowel cancer¹⁻⁶.

References

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