

Coffee Klatch

I ENJOYED THE ARTICLE “Not Your Average Joe” in the October 2017 issue. It says, “In one study, those who drank one to three cups of coffee per day were 12 to 18 percent less likely to die during the study.” My question: What is a “cup” of coffee? On ground-coffee containers it says to use 1 rounded tablespoon of coffee per 6 fluid ounces of cold water, but most mugs are 11 or 15 ounces and my “4-cup” coffee maker makes two of those. Do I limit my intake to three 11-ounce mugs a day or 18 ounces a day? Coffee makers are rated in 6-ounce cup sizes so we think we can make more cups than the ordinary mug.

—*Evan Jackson,
Virginia Beach, VA*

EDITOR'S NOTE *You're right: The size of “a cup” of coffee is not consistent. Federal guidelines say a cup is 8 fluid ounces, but as you note, mug sizes can vary dramatically. A Venti at Starbucks holds 20 fluid ounces. To stay within the government's daily caffeine recommendation (400 mg—the amount in about 16 to 32 ounces of coffee, depending on strength), fill your mug at home with water and pour it into a measuring cup to see how much you're drinking. At shops, ask your barista how many ounces are in your order.*