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Abstract
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THE HYPERCHOLESTEROLEMIC FACTOR IN BOILED
COFFEE IS A LIPID
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Scandinavian-style "boiled" coffee, made by boiling ground coffee with water and allowing the grounds to settle, elevates cholesterol, whereas filter coffee does not. Boiled coffee contains more lipid material than filter coffee (1-2 vs 0.1 g/L). We therefore prepared a lipid-enriched fraction from boiled coffee, and fed 80 g (one small cup) of it per day to each of 10 volunteers for 6 weeks. This 80 g provided 1.3 g of lipids (0.12 g of which was non-saponifiable), about 3.4 g of other solids, and 75 g of water.

Upon consumption of lipid-rich coffee, mean serum cholesterol rose from 4.7 mmol/L at baseline to 5.4 mmol/L after 3 weeks and 5.7 mmol/L after 6 weeks. Individual increases after 6 weeks ranged from 0.5 to 1.5 mmol/L (mean \pm SD: 1.1 \pm 0.4 mmol/L, 41 \pm 14 mg/dL, $p < 0.001$).

To obtain the same rise with "regular" boiled coffee would have required about 13 cups per day. Thus our lipid-rich coffee fraction was evidently enriched in the cholesterol-elevating factor. We therefore propose that boiled coffee contains a lipid that powerfully elevates cholesterol. We speculate that this compound is a non-saponifiable lipid, and that consumption of 0.1 g of it per day significantly elevates serum cholesterol.