

THE *List.*

Why Putting A Bit Of Butter In Your Coffee Can Give It A Healthy Boost



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Most can't start their day right without a cup of coffee for the caffeine boost to rise and shine. You might find it interesting that Statista reported that more people drink it for the flavor than the energy boost. It must be because there are many ways to drink coffee, whether you're an espresso fan or love adding flavored syrups like vanilla and hazelnut.

Did you know that drinking coffee is also good for your skin? NYC-based cosmetic dermatologist Gary Goldenberg told Byrdie, "It has antioxidant properties and has been shown to be anti-inflammatory." Antioxidants help lower free radical damage that can lead to premature signs of aging. However, **Dr. Goldenberg** said drinking too much coffee could increase stress levels, so try to limit it, and adding inorganic milk or white sugar could lead to acne. Everything in moderation, right?

Keeping with the theme of adding things to your coffee, you must have heard of the trend of adding butter to coffee as a keto-friendly alternative. American entrepreneur and author Dave Asprey famously shared this recipe known as bulletproof coffee or butter coffee, which blew up among people following the keto diet to lose weight, and it claims to have numerous health benefits, too, per WebMD. The original recipe included adding 1 tsp to 2 tbsp medium-chain triglycerides (MCT) oil and 1 to 2 tbsp grass-fed unsalted butter to coffee.

Health benefits of butter in coffee



Bulletproof coffee is popular among people following the keto diet as it is richer than regular coffee. According to Medical News Today, the Food and Drug Administration (FDA) has not assessed the benefits of bulletproof coffee yet, but people who drink it have said that it keeps them energetic all morning, doesn't make them feel hungry, and improves their ability to focus. Since caffeine already gives you energy, adding butter (which has calories) can help make you feel fuller for longer than if you were drinking plain coffee. This coffee might benefit people on a low-carbohydrate or keto diet for health reasons as long as they drink it in moderation.

You probably wouldn't think it, but butter coffee can help you lose weight as well if you're following a keto diet (via Greatist). Make sure to choose grass-fed butter as it has more omega-3 and vitamin K than normal butter, making this latte-looking coffee more nutritious.

According to Ayurveda, consuming a spoonful of ghee (clarified butter) on an empty stomach helps "lubricate the gastrointestinal track, all tissues and remove toxins" from the body and slows down the body's ability to absorb nutrients too quickly keeping you fuller for longer, per Aithein Healing. Since drinking butter on its own may not appeal to most, one can wonder if mixing it with coffee was inspired by this idea.

Butter in coffee might not be the best for everyone



The idea of a richer-tasting coffee with butter is tempting, and some people claim it has made them feel healthier following a strict keto diet, but it might not be great for everyone.

According to the American Heart Association, people shouldn't consume more than 13 grams of saturated fat daily. The regular recipe for butter coffee includes up to 2 tbsp of butter, which has 14 grams of saturated fat, so it's slightly more than what one should be consuming in a day without including anything else you eat that might have saturated fat as well. Medical News Today says overeating saturated fat can lead to health issues like high cholesterol, heart disease, and stroke. In general, consuming large amounts of saturated fat could negatively affect your health long-term.

While Dave Asprey promoted butter in coffee as a breakfast substitute, Healthline doesn't recommend it as it doesn't have enough nutrients, as breakfast is considered the most important meal of the day. However, butter in coffee can help some people lose weight and give you more energy if you follow a balanced diet otherwise, if that's what you're looking for.

If you're considering adding butter to your coffee as a regular thing, it's best to speak with a physician to make sure you don't have any health conditions that could be worsened by this habit. It might not be a bad idea to work with a licensed dietician to ensure it's right for you.