

## 19강. Coffee

### ▶ Script

A new study suggests you may want to drink more coffee because coffee may be the key to a longer life. Researchers at the National Institutes of Health found that men who drank two or three cups a day were ten percent more likely to live longer than people who drank no coffee. Women were 13 percent more likely. However, the report didn't say by how much.

Researcher Amelia Baker says when we're drinking our coffee in the morning, the coffee isn't going to have adverse effects on our health.

The study shows coffee drinkers were less likely to die from heart disease, stroke and diabetes than those who didn't drink it. But it's not clear why.

Baker says that in this study the coffee didn't necessarily cause the people to live longer, but the people that lived longer tended to drink more coffee.

This is the largest study on health and coffee. It followed 400 thousand adults for more than a decade. Earlier studies showed coffee can raise cholesterol and blood pressure levels. Baker warns that adding some cream or adding some sugar is going to adversely affect your health.

*Noel Waghorn, The Associated Press.*

### ▶ Translation

새로운 연구는 커피가 장수하는데 중요 요소일지 모르기 때문에 커피를 더 마셔야 한다고 제안합니다. 국립 보건 연구소 연구진들은 커피를 하루에 2~3잔 마시는 남성이 커피를 마시지 않는 남성보다 더 오래 살 가능성이 10% 높다는 것을 밝혔습니다. 여성은 13% 가능성이 더 높았습니다. 그러나 이 연구는 얼마나 더 오래 사는지는 밝히지 못했습니다. Amelia Baker 연구원은 우리가 아침에 일어나 커피를 마시고 있을 때 그 커피는 우리의 건강에 악영향을 주지 않을 것이라고 말합니다. 연구는 커피를 마시는 사람들은 심장병, 뇌졸중, 당뇨병으로 사망할 가능성이 커피를 마시지 않는 사람보다 더 낮다고 밝혔습니다. 그러나 이유는 분명하지 않습니다. Baker는 이 연구에서 커피가 반드시 사람들이 더 오래 사는 것을 초래하지는 않았고, 오래 사는 사람들이 커피를 더 마시는 경향이 있었다고 말합니다. 이것은 건강과 커피에 대한 가장 큰 연구입니다. 이 연구는 40만 명의 성인을 10년 이상 관찰했습니다. 이전 연구들은 커피가 콜레스테롤과 혈압 수치를 높인다는 것을 보여주었습니다. Baker는 크림이나 설탕을 더하는 것은 건강에 악영향을 줄 수 있다고 경고합니다.

### ▶ Vocabulary

- likely ~할 가능성이 있는, ~할 것
- adverse effect 부작용
- disease 질환
- stroke 발작
- diabetes 당뇨병
- necessarily 반드시
- tend to 경향이 있다
- adult 성인
- decade 10년
- blood pressure 혈압

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## ▶ Script 2 (연음, 강세표기)

A NEW study suggests you may wan(t) to DRINK MORE COFFEE because COFFEE may be the KEY to a LONGER LIFE. Researchers at the National Institutes of Health FOUN(D) that MEN who drank TWO or THREE cups a(SA) DAY were TEN percent(t) more LIKELY to live LONGER than people who drank NO COFFEE. WOMEN were 13 percen(t) more LIKELY. However, the REPORT DIDN'T say BY how MUCH. Researcher Amelia Baker says when we're(WERE) DRINKING our COFFEE in the morning, the COFFEE ISN'T going to have adVERse EFFECTS on our HEALTH. The study shows COFFEE DRINKERS were LESS LIKELY to DIE from HEAR(T) disease, STROKE and diaBEtes than those who DIDN'T DRINK it(KIT). But it's NOT clear WHY. Baker SAYS that IN thi(s) STUDY the coffee didn't necesSarily CAUSE the people to live LONGER, but the people that LIVED LONGER TENDE(D) to drink more COFFEE. THIS i(s) the LARGES(T) study on HEALTH and COFFEE. It followed 400 thousan(d) ADULTS for MORE than a DECADE. Earlier STUDIE(S) showed COFFEE can raise CHOLESTEROL and BLOOD pressure LEVELS. Baker WARNS that ADDING some CREAM or adding some SUGAR is going to ADVERSELY aFFECT your HEALTH.

*Noel Waghorn, The Associated Press.*