

A purple coffee cup with a dark brown interior, shown from a top-down perspective. The cup has a purple handle extending to the left.

# COFFEE MAY IMPROVE YOUR MEMORY!

Drinking coffee in moderation may also help prevent heart disease, gout, type 2 diabetes and lower your risk of many types of cancer.

A white tea cup with a light blue rim and a dark blue handle, shown from a top-down perspective. The cup contains green tea and a yellow tea bag. The cup is set against a light blue circular background.

# TEA MAY IMPROVE YOUR HEALTH!

Tea can have multiple benefits including cancer prevention, fat burning and improving cholesterol levels.



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