

Saturday 24 Oct 2009

## CHEMISTRY AND BIOCHEMISTRY OF COFFEE

Dr. Joe A. Vinson  
*The University of Scranton*

Did you know that every day over 11 billion cups of coffee are drunk, making coffee the number two beverage consumed here on Earth? That coffee is also the second most valuable commodity after oil? This talk will examine the fascinating history of coffee from its beginnings in prehistoric time, interesting mythologies, and the reasons for its popularity in various cultures. The botany of the coffee plant, its cultivation in over 50 countries, the chemistry of the coffee bean, and the roasting process will be discussed. We will examine some of the more than 1000 chemical compounds that give coffee its aroma, taste and potential health properties. Caffeine, an important ingredient, will be scrutinized as to its positive and negative attributes. The biochemistry of the polyphenolic antioxidants in coffee will be featured and related to disease. Finally the health aspects of this amazing and complicated beverage will be discussed which will include mental acuity, physical performance, and disease prevention. Some important questions about coffee will be answered. Should I take it before a test? Will it help me be better in exercise and sports? Is coffee good for me, and how much is too much?

**3:00-4:00 pm Social Hour**

**4:00-5:00 pm Presentation (large meeting room up stairs)**

**Java Dave's**

10 NE 10<sup>th</sup> St, Oklahoma City, OK, (405) 236-0272

<http://www.javadavescoffeeokc.com>

### **Menu**

coffee and food is available  
at the coffee bar.

### **Cost**

no cost (free admission)

**no RSVP required**

### **Joe A. Vinson Biographical Sketch**

Dr. Joe Vinson was born in Arkansas and grew up in the San Francisco Bay area. He attended college at the University of California at Berkley, where he received his B.S. in chemistry in 1963. He received a M.S. degree (in physical organic chemistry) at Iowa State University in 1966. He received a research assistantship at the Ames Lab of the Atomic Energy Commission at Iowa State and received a Ph.D. in organic and analytical chemistry in 1967 under the direction of Dr. James Fritz. After several teaching positions in Pennsylvania and a two-year stint in industry at J. T. Baker Chemical Company, he returned to academe and is now a professor of chemistry at the University of Scranton in Northeastern Pennsylvania. His research has been featured in Prevention, Psychology Today, Consumer Reports, AARP, Tufts Health & Nutrition Newsletter, US News & World Report and lampooned in a cartoon in Time magazine. He has appeared on TV-Good Morning America Sunday and radio-NPR All Things Considered and The Peoples Pharmacy, as well as being mentioned by Jay Leno and Rush Limbaugh. Dr. Vinson is the author of over 70 publications. His research interests are wide-ranging and include drug analysis in physiological fluids and the effect of vitamins, minerals, and antioxidants on nutrition and health.