

COFFEE AT A GLANCE

A look into America's most desired caffeinated beverage

Sources: MayoClinic, Center for Science in Public Interest, TheDailyMeal, HomeGrounds, CoffeeBros

Common Coffees

Most common coffee drinks



ESPRESSO LATTE AMERICANO

Coffee and Caffeine

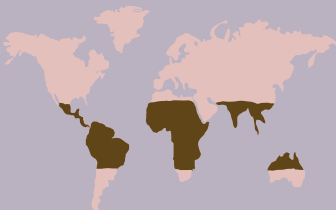
Caffeine levels in drinks per 8 ounce serving



French Press 80-135 mg
Drip Coffee 175 mg
Cold Brew 155 mg

The Bean Belt

Places where coffee is grown



Coffee Anatomy

How different types of coffee drinks are made



illustration by | **MARISSA MATHIESON**

Journey of the Beans

- Heat up water in a kettle. Water needs to be around 200-205 degrees Fahrenheit.
- Measure 30 grams of coffee for every 12 ounces of water. Grind the coffee to medium ground.
- Line the dripper with a wet paper filter and add coffee grounds.
- Pour water over the grounds, enough to cover all the coffee. Stir with a spoon.
- Allow the rest of the water to drip for 80 seconds. Pour and enjoy!

Coffee Grounds In Size

Which tool to use with coffee grounds

GRIND TYPE:	BEST FOR:
COARSE	Percolator, French Press
MEDIUM COARSE	Chemex
MEDIUM	Aeropress, Siphon Brewer
MEDIUM FINE	Aeropress, Pour Over Dripper
FINE	Espresso Machine, Moka Pot

Comforting Coffee Shops

Three of the most popular coffee chains in the U.S.



Starbucks Dunkin' Donuts Peet's Coffee