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**The biomechanism of coffee as antiinflammatory in Obesity****Rosa Lelyana***Diponegoro University Semarang, Indonesia*

**Introduction:** Obesity is one side of the double burden of malnutrition in this world. Obesity is pro inflammatory chronic condition. Coffee is one of favourite drink in this world. Coffee has many components that has activity as anti-inflammatory. But there are lack of understanding about the bio mechanism of coffee as anti-inflammatory in obesity condition. So this abstract want to discuss the bio mechanism of coffee as anti-inflammatory in obesity.

**Method:** Systematic review from articles that have been published with PubMed index, Scopus or the others and we search by key words coffee, anti-inflammatory, obesity.

**Results:** Coffee has macronutrient, micronutrient and non-nutritive component like caffeine and polyphenol which has activity as anti-inflammatory. Coffee could reduce TNF-level and Nfk in obesity cause of coffee has caffeic acid component.

**Discussion:** Coffee has many healthy benefit for obesity condition. There are many studies that prove coffee has anti-inflammatory activities cause of coffee has many components that has benefit for reducing inflammatory in obesity.

**Conclusion:** Coffee has anti-inflammatory activities for reducing inflammatory in Obesity.

**Biography**

Rosa Lelyana is a Medical Doctor, Master, PhD in Nutrition, General Practitioner, Editor/ Reviewer of International Journals, Senior Lecturer, Professional Researcher for Coffee/Obes/Medicine/Nutrition research field.