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Two cups of coffee daily consumption as Anti-obesity related to Tryptophan and Serotonin**Rosa Lelyana***Medicine Faculty of Diponegoro University, Indonesia*

Statement of the problem: Coffee is a favourite drink of the world's population which has many health benefits. The prevalence of obesity in the world is increasing greatly. In Western and developed countries, as well as in the UK, the prevalence increases by around 15%, and increases by 50% in certain races. In Asia, Indonesia, Japan the prevalence has increased 2-fold. Two cups daily coffee consumption has activity as anti-obesity. But, lack of understanding about the bio mechanism of coffee as anti-obesity on tryptophan and serotonin levels, so the aim of this systemic review study is to understand about that. Tryptophan and serotonin levels increase in obese individuals. Two cups of coffee daily consumption will affect tryptophan and serotonin levels, too. Coffee contains macronutrients, micronutrients and non-nutrients that influence the bio mechanism of coffee as anti-obesity. Two cups of daily coffee consumption can also affect tryptophan and serotonin levels. Serotonin has function to control a person's mood and appetite, so that the appetite will decrease and reduce the weight gain of obesity. Two cups of coffee daily consumption affects tryptophan and serotonin levels, thereby affecting the eating patterns of individuals with obesity and will influence weight loss.

Biography

Rosa Lelyana is a Medical Doctor, Master, PhD in Nutrition, General Practitioner, Editor/ Reviewer of International Journals, Senior Lecturer, Professional Researcher for Coffee/Obese/Medicine/Nutrition research field. 2006-2015: Founder/inventor of drinking 2 cup of Robusta coffee daily as the highest antioxidant to avoid uric acid; anti-obesity in obesity immune response; macro micronutrient of Indonesia coffee markets. 2006-2010: Speaker with health themes for RRI/Radio Republic Indonesia broadcasting, Kariadi's hospital, Semarang, Jawa Tengah, Indonesia.