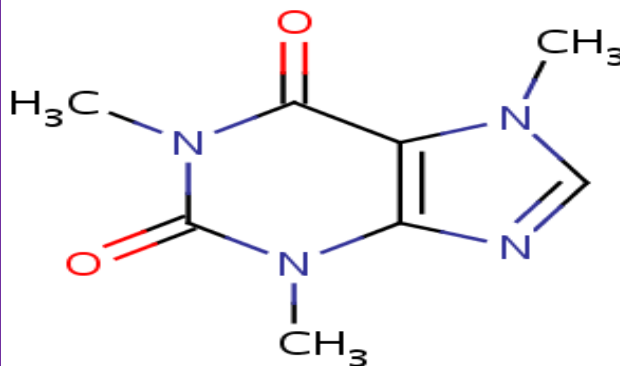**Lead article: Ihim *et al.***

## Effect of Coffee Consumption on Blood Glucose and Lipid Profile Levels in Male Students at Nnamdi Azikiwe University, Nnewi Campus, Anambra State



| Variables | BMI (Kg/m$^2$) | SBP (mmHg) | DBP (mmHg) | Glucose (mmol/L) | TC (mmol/L) | TG (mmol/L) | HDL-C(mmol/L) | LDL-C (mmol/L) |
|---|---|---|---|---|---|---|---|---|
| Baseline (1) | 22.27 ±3.21 | 122.00 ±13.08 | 77.94 ±8.67 | 3.93 ±0.39 | 5.05 ±1.34 | 1.17 ±0.41 | 1.11 ±0.32 | 3.54 ±1.31 |
| Intermediate consumption (2) | 22.39 ±3.03 | 121.44 ±12.77 | 74.44 ±9.27 | 4.37 ±0.32 | 4.59 ±1.13 | 0.97 ±0.44 | 3.21 ±0.98 | 3.21 ±0.98 |
| Post consumption (3) | 21.94 ±3.02 | 122.17 ±9.98 | 78.39 ±7.76 | 4.71 ±0.69 | 4.47 ±1.12 | 1.07 ±0.26 | 2.97 ±1.17 | 2.97 ±1.17 |
| 1 Vs 2 (p-value) | 0.915 | 0.890 | 0.227 | 0.011* | 0.260 | 0.119 | 0.000* | 0.388 |
| 1 Vs 3 (p-value) | 0.748 | 0.967 | 0.877 | 0.000* | 0.152 | 0.452 | 0.000* | 0.142 |
| 2 Vs 3 (p-value) | 0.668 | 0.858 | 0.174 | 0.042* | 0.753 | 0.411 | 0.426 | 0.537 |

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