

Title:

Coffee Benefits - Is Coffee Better Than Tea?

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Summary:

Would you like to have tea or coffee? Just what are the specific coffee benefits? You must have heard this offer of choice a thousand times. Be it guests at your house or while visiting someone or from the airhostess in the flight.

Keywords:

coffee benefits, coffee, kona coffee

Article Body:

Would you like to have tea or coffee? Just what are the specific coffee benefits? You must have heard this offer of choice a thousand times. Be it guests at your house or while visiting someone or from the airhostess in the flight. The general idea in many countries continues to be that tea and coffee are two beverages which have equal importance. However, this is not 100% true. There is a huge divided lobby on this opinion. Many people opine that tea is definitely more popular than coffee as it has medicinal properties and is good for health. Coffee on the other hand is more popular in the workplace. The debate continues on which is more popular.

There are however, some distinct pros and cons of both beverages. Let's talk about the benefit of tea. As we all know tea was discovered by the Chinese and scientific research has proven that it has very good medicinal properties which can help fight fatigue. Tea is more popular in Asia and Europe where tea drinking is considered to be a proper social function.

Coffee on the other hand gives an instant 'fix' and helps people be alert and ward off sleepiness when at work thanks to the caffeine content in the drink. The health conscience coffee drinker tends to opt for decaffeinated coffee and thus gets the flavour without the caffeine. Coffee is very popular in the United States and is also an international drink which is appreciated the world over. These are the coffee benefits present in every cup!

It is very difficult to determine which beverage garners more votes with a global audience since each drink has its own fiercely loyal fan following.

