Give up coffee not meal

 I am a native from himalayan country Nepal. Tea is most popular drink in my country than any other. In Nepal, you can say anytime is tea time. Tea is also a welcoming drinks to anybody at any time. People are provided with a cup of hot tea as hospitality. Not only we drink Tea, but we grow lots of Tea in Nepal. Nepali tea is also very popular in other countries and we do lots of exports. People brew tea with added spices too according to the taste they prefer. Coffee is less popular in Nepal.

 I got in drinking coffee only after moving to this country. As I read the articles, I realized the importance of coffee to the Civil War soldiers in United States. In Nepal, we also suffered from civil war. The development of country was jeopardized. From the article I read, I can see the soldiers were so passionate about the coffee here in united states but in Nepal, the civil war soldiers were more looking for the full meal than coffee or tea. In order to fight they need more energy and calories to survive and perform their active fighting. For the meal the soldiers traveled and take shelters at any civilian houses forcefully.

 If I am to choose one among coffee or meal, then I will choose meal. I am very fond of eating different kinds of cuisines from around the world. Drinking only coffee will not provide the sufficient amount of nutritional facts that our body needs. Every day we perform different kinds of physical and mental activities and to be able to perform those function daily, we must consume enough nutritious food meal. So one should not avoid to eat food and live on coffee.