

Black Tea, Green Tea and Black Coffee During Fasting: Community Poll Findings and Reported Benefits

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Abstract

Black coffee, black tea and green tea are commonly consumed by people who practise fasting. This paper presents community poll findings on beverage preferences, perceived mental performance, fasting duration and daily consumption patterns.

In the poll, five respondents reported that coffee or tea helped them fast considerably longer, while two reported a slight increase in fasting duration. Regarding mental performance after coffee, three respondents reported improved focus and four reported feeling calmer or more mentally settled. One respondent reported anxiety or restlessness interfering with focus. Among tea drinkers, three reported improved focus, three reported no noticeable effect and three reported feeling calmer or more mentally settled.

Black coffee was the most frequently selected first beverage of the day. The findings describe participants' reported experiences and preferences regarding tea and coffee during fasting.

Keywords: Fasting, black coffee, black tea, green tea, mental focus, beverage preferences, community poll.

1. Introduction

Many people who practise intermittent fasting choose plain water, black coffee or unsweetened tea during their fasting period. Coffee and tea are popular beverage choices that people incorporate into their daily routines while fasting.

The community poll explored how participants use these beverages, whether they perceive changes in mental performance or fasting duration, and which beverages they prefer.

This paper presents the poll findings and participants' reported experiences.

2. Objectives

The objectives of this paper are to:

1. Present community responses concerning coffee and tea consumption during fasting.
2. Describe participants' reported changes in mental performance.
3. Examine beverage preferences and consumption patterns.
4. Summarise respondents' usual fasting durations and reported experiences of fasting with coffee or tea.

3. Methodology

This paper presents descriptive findings from a community poll on beverage preferences and fasting experiences.

The poll covered perceived changes in fasting duration, mental performance after coffee or tea, preferred beverages, timing of the first beverage, daily consumption and usual fasting duration. Results are presented as reported counts.

4. Black Coffee During Fasting

4.1 Alertness and focus

Black coffee is a familiar beverage among people who practise fasting. Participants may choose it as part of their morning routine or while carrying out their daily activities.

In the community poll, three respondents reported improved focus after coffee, while four reported feeling calmer or more mentally settled. One respondent reported anxiety or restlessness interfering with focus.

4.2 Beverage preference and routine

Black coffee was the most frequently selected first beverage of the day. The responses also explored the timing of the first coffee after waking and the number of cups consumed daily.

These findings provide an overview of how participants incorporate black coffee into their fasting routines.

5. Black Tea and Green Tea During Fasting

5.1 Tea consumption and mental performance

Tea drinkers reported varied experiences with mental performance. Some participants reported improved focus, while others reported no noticeable effect or feeling calmer and more mentally settled.

5.2 Tea preferences and routines

The poll explored when participants consumed their first tea after waking and how many cups they drank during the day.

Black tea and green tea are included in the broader discussion of tea consumption during fasting. The available poll figures do not establish separate outcomes for black tea and green tea unless those distinctions were explicitly recorded in the original responses.

6. Community Poll Findings

6.1 Perceived effect on fasting duration

Reported response	Number of respondents
Helped them fast considerably longer	5
Helped them fast slightly longer	2
No meaningful difference	1
Could fast longer without coffee or tea	1

Five respondents reported that coffee or tea helped them fast considerably longer, while two reported a slight increase in fasting duration. One reported no meaningful difference, and another indicated that they could fast longer without coffee or tea.

6.2 Coffee and mental performance

Reported response after coffee	Number of respondents
Improved focus	3
Felt calmer or more mentally settled	4
Anxiety or restlessness interfered with focus	1

Four respondents reported feeling calmer or more mentally settled after coffee, while three reported improved focus. One respondent reported anxiety or restlessness interfering with focus.

6.3 Tea and mental performance

Reported response after tea	Number of respondents
Improved focus	3
No noticeable effect	3
Felt calmer or more mentally settled	3

The responses were evenly distributed across the three categories. Three respondents reported improved focus, three noticed no effect and three reported feeling calmer or more mentally settled.

6.4 Beverage preferences

Reported preference	Number of respondents
Black coffee first thing in the morning	17
Only tea	3
More black coffee and less tea	4
More tea and less coffee	2
Only water	1

Black coffee was the most frequently selected first beverage of the day. Other respondents preferred only tea, favoured one beverage over the other or chose water exclusively.

6.5 Coffee consumption patterns

Reported pattern	Number of respondents
First coffee within one hour of waking	8
First coffee one to four hours after waking	6
Two to three cups per day	10
One cup per day	1

The responses show variation in the timing of the first coffee. Two to three cups per day was the most commonly reported daily consumption pattern in the relevant poll responses.

6.6 Tea consumption patterns

Reported pattern	Number of respondents
First tea four to eight hours after waking	7
First tea one to four hours after waking	2
First tea within one hour of waking	3
Two to three cups per day	5
One cup per day	1

Reported pattern	Number of respondents
Four to six cups per day	1
Seven to eight cups per day	2
More than eight cups per day	1

Tea consumption varied among respondents. Seven reported having their first tea four to eight hours after waking. Daily consumption ranged from one cup to more than eight cups.

6.7 Reported fasting duration

Fasting duration	Number of respondents
12–14 hours	0
14–16 hours	1
16–18 hours	3
18–20 hours	0
20–23 hours or OMAD	9

The most frequently reported category was 20–23 hours or one meal a day (OMAD), with nine respondents. Three reported fasting for 16–18 hours, and one reported fasting for 14–16 hours.

7. Discussion

The community poll provides a descriptive picture of how participants use coffee and tea during fasting. Black coffee was the most frequently selected first beverage of the day. Participants reported different patterns of coffee and tea consumption, including variations in the timing of their first beverage and the number of cups consumed daily.

The reported mental-performance responses varied. Some participants described improved focus, while others reported feeling calmer or more mentally settled. Among tea drinkers, an equal number reported improved focus, no noticeable effect and feeling calmer or more mentally settled.

Seven respondents reported that coffee or tea helped them fast considerably or slightly longer. Other responses indicated no meaningful difference or a preference for fasting without these beverages.

Overall, the findings describe the preferences and experiences reported by the participants who answered the poll.

8. Conclusion

The community poll highlights the role of black coffee and tea in participants' fasting routines. Black coffee was the most frequently selected first beverage, and respondents reported a range of beverage preferences, consumption patterns and fasting durations.

Some participants reported that coffee or tea helped them fast longer, while others described improved focus or feeling calmer or more mentally settled. The responses demonstrate that individual experiences and preferences differ.

The findings provide a snapshot of community experiences with coffee and tea during fasting and offer a basis for further exploration of beverage habits and perceived fasting experiences.

References

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