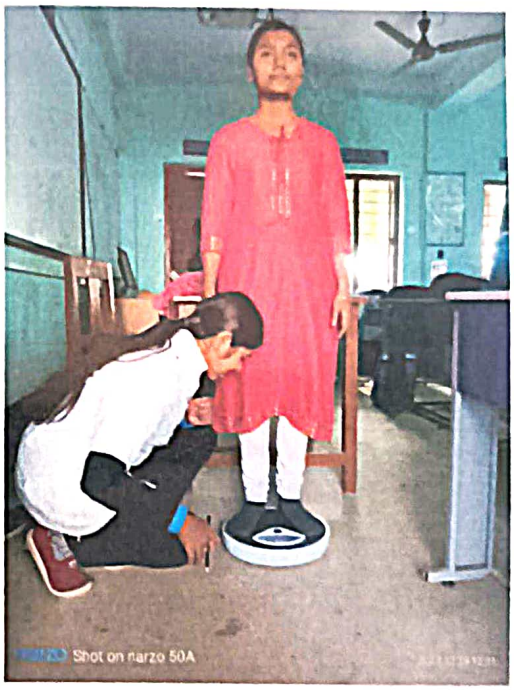
VIDYASAGAR UNIVERSITY

A Project Work

On

A Comparison study on Nutritional and Health Status between Tea and Coffee Consumption People.

This project work is submitted for the partial fulfillment for the award of degree of B.Sc. (Hons) from Vidyasagar University



Submitted by

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Reg. No.:VU211022816 of Session: 2021- 2022

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EXAMINED 20.2.24

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Certificate of Completion

This is to certify that Mr./ Miss. Shiuli Bera

Roll 1125129 *Number* 210138 *a ~~PG~~ / UG student of*

SEM V, *Department of* Nutrition *has*

successfully completed a dissertation / project entitled A Comparative Study on Nutritional health Status between Tea Consumption and Coffee Consumption people.

for the paper CC-12P *in the year* 2023-24

Date : 19/04/2024

Mugberia Gangadhar Mahavidyalaya Estd.-1964 Bhupatinagar

Signature of HOD
Head
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Signature of Principal
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(UGC recognized as College with Potential for Excellence;
Affiliated to Vidyasagar University)

TO WHOM IT MAY CONCERN

This is to certify that **Shiuli Bera (Roll: 1125129; No.: 210138; Regn. No.: VU211022816of Session: 2021-2022)** a student of B.Sc. 5th semester, Dept. of Nutrition, under Vidyasagar University, Paschim Medinipur, has completed her project work under my guidance on the topics **'A comparison Study on Nutritional and Health Status between Tea and Coffee consumption People '**for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for her performance. She is energetic and up to date in her work; I wish success in her life.

Date: 20/02/24

Prabir Jana

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ABSTRACT

Recent studies have shown that smokers' intake of caffeine is higher than non-smokers. This investigation evaluated the relationships between smoking status and self-reported caffeine intake from both coffee and tea. Subjects were adults who participated in the Second National Health and Nutrition Examination Survey (NHANES II). Results indicated that subjects who ingested caffeine from tea were more likely to be female, less educated, younger, non-Caucasian, and lighter drinkers. In contrast, those who ingested caffeine from coffee were more likely to be older, Caucasian, heavier drinkers, and have higher incomes. Smokers were not more likely to drink caffeinated tea. In contrast, smokers were much more likely to drink caffeinated coffee, and a dose-response relationship between caffeine from coffee and smoking intake was observed. These results clarify the relationship between smoking and caffeine intake. Implications for intervention efforts are discussed

ACKNOWLEDGEMENT

First and foremost, I would like to pay my obeisance to God Almighty for always bestowing me with His blessings without which I could not have achieved anything that I have today.

I express my dispense of gratitude to Dr. Swapan Kumar Misra, Principal, Mugberia Gangadhar Mahavidyalaya, for providing necessary facilitiest o carry out the present investigation.

The guidance of one's teachers and superiors is of paramount importance in his/her academic life. In this regard my deeply indebted to Mr. Prabir Jana SACT, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya, for his valuable advice and guidance.

I am really obliged to other faculty members of the Dept. of Nutrition, Dr. Apurba Giri, Assistant Professor and Head, Tonmoy Kumar Giri, Mis. Moumita Samanta, Mis Rikta Jana, Mis Keya Dash, Ms Pranati Bera and Mr. Khokan Chandra Gayen for their valuable suggestion and lab attendant Mr. Prabal Das and Mis Ananya Roy (Das) for his assistance.

Vocabulary finds no appropriateness to express my heartfelt love and thanks from the very core of my heart to my classmates and juniors for their constant encouragement and help throughout the study.

Shiuli Bera.

Shiuli Bera

Date: 20·02·2024

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