

# 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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2022/24  
**EXAMINED**

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# Mugberia Gangadhar Mahavidyalaya

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

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*Study on Nutritional health Status between Tea*

*Consumption and Coffee consumption people* .....

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

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# Mugberia Gangadhar Mahavidyalaya

## Dept. of Nutrition

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### TO WHOM IT MAY CONCERN

This is to certify that **Shiuli Bera** (Roll: 1125129; No.: 210138; Regn. No.: VU211022816 of Session: 2021-2022) a student of B.Sc. 5<sup>th</sup> 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: 20/02/22

  
(SACT, PRABIR JANA)

SACT,

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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

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Date: 20.02.2024.....

Shiuli Bera.  
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