

# An Investigation of Coffee and Tea Consumption Habits: A Sample Survey in Algeria

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## Introduction

This work aimed to investigate coffee and tea consumption among a sample population in Algeria. The study sought to understand preferences for coffee versus tea, frequency and timing of consumption, sweetening habits, and to explore potential correlations with demographic factors such as sex, age, occupation, and self-reported medical history.

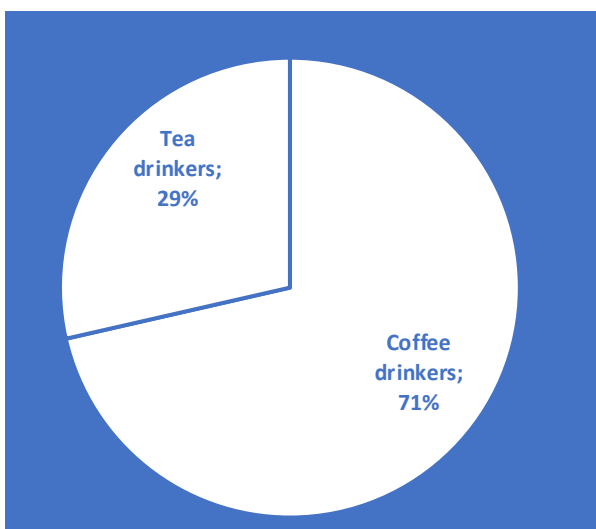


Figure : Coffee consumption vs Tea consumption

## Materials/Methods

Data was collected from a sample of 49 individuals in Algeria using a structured questionnaire format, presented as a table. Variables recorded included: Sex (Female/Male), Age (years), Occupation, Weight (kg), Height (cm), Medical History, Tea consumption (Yes/No), Coffee consumption (Yes/No), Frequency of consumption (units per day), Moment of consumption (e.g., Morning, Evening, Morning-evening), and whether the beverage was Sweetened (Yes/No). Descriptive statistical analysis was implicitly performed by summarizing frequencies and proportions from the provided data.

## Results/Discussion

Coffee is markedly more popular than tea within this Algerian sample, with a strong general preference for sweetened beverages for both. Consumption patterns indicate coffee as a morning or all-day beverage, while tea finds its place more in the evening or morning distinctly. The findings provide initial insights but are limited by the small sample size and the overrepresentation of students, which may not reflect broader national consumption habits. Larger, more demographically representative surveys with standardized data collection are required to draw generalizable conclusions about tea and coffee consumption in Algeria and to robustly explore links with health indicators.

## Conclusion/Perspectives

The sample (N=49) was nearly gender-balanced (25 Female, 24 Male) with an age range from 18 to 61 years, featuring a significant proportion of students. Coffee was the more prevalent beverage, consumed by 35 individuals (71.4%), compared to tea, consumed by 14 individuals (28.6%). Many (17 individuals) consumed both. Among coffee drinkers, consumption was typically 1-2 times daily (29/35), predominantly in the morning or morning-evening (29/35), with 71% (25/35) preferring it sweetened. Tea consumers also typically had 1-2 units, often in the evening or morning, with an overwhelming preference for sweetened tea. Non-consumers of either beverage. Limited medical history was reported (3 hypertension, 1 diabetes), with observations aligning with expected dietary choices (e.g., diabetic patient consuming unsweetened coffee).