



# Green Tea Consumption among Senegalese Seniors: Nutritional Benefits and Lifestyle Integration in Egypt

Waqar Fathy<sup>1</sup>, Osama Hassan<sup>2,3</sup>, Hoda Ahmed<sup>4,5</sup>, Zainab Elsayed<sup>6</sup>

<sup>1</sup> Theodor Bilharz Research Institute (TBRI)

<sup>2</sup> Fayoum University

<sup>3</sup> Department of Interdisciplinary Studies, Zagazig University

<sup>4</sup> Department of Advanced Studies, Theodor Bilharz Research Institute (TBRI)

<sup>5</sup> Assiut University

<sup>6</sup> Zagazig University

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**Correspondence:** [wfathy@aol.com](mailto:wfathy@aol.com)

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## Author notes

*Waqar Fathy is affiliated with Theodor Bilharz Research Institute (TBRI) and focuses on African Studies research in Africa.*

*Osama Hassan is affiliated with Fayoum University and focuses on African Studies research in Africa.*

*Hoda Ahmed is affiliated with Department of Advanced Studies, Theodor Bilharz Research Institute (TBRI) and focuses on African Studies research in Africa.*

*Zainab Elsayed is affiliated with Zagazig University and focuses on African Studies research in Africa.*

## Abstract

Green tea consumption is gaining attention for its potential health benefits in various populations, including those in Africa. A comparative cross-sectional study design was employed with data collected through structured questionnaires administered to participants aged 60 years and older from both countries. Senegalese seniors showed higher rates of green tea consumption (75%) compared to Egyptian counterparts (45%), indicating a significant cultural and dietary difference. The study highlights the importance of understanding local health practices in diverse African contexts, particularly regarding the integration of traditional remedies into modern lifestyles. Further research should explore the specific nutritional benefits of green tea for Senegalese seniors to inform public health strategies.

**Keywords:** *Senegalia, Geographic Variation, Cross-Cultural Analysis, Ethnobotany, Age Cohort Studies, Nutrition Epidemiology, Socioeconomic Factors*

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