



Beverages in nutrition and health /

Wilson, Ted
Temple, Norman J.

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Monografía

Beverages are consumed in every human culture and, as a major part of the new diet of affluence, can either enhance our health or be the cause of acute and chronic diseases. In *Beverages in Nutrition and Health*, an international panel of renowned authors-drawn from universities, research institutions, industry, and public advocacy and health care organizations-comprehensively reviews how the beverages we drink affect our health and nutrition. The authors discuss the health effects of a wide range of popular beverages, including alcohol, wine, fruit and vegetable juices, coffee and tea, chocolate, milk and milk products, weight management beverages, and soft drinks. Among the topics of major current interest considered are the beneficial effects of wine, the harmful interactions of citrus juices with prescription drugs, tomato juice as an anticancer agent, the benefits of herbal teas, probiotic organisms in dairy and fermented dairy products, the value of sports beverages, the risks associated with the consumption of soft drinks, and the quality and content of bottled water. Additional chapters detail the regulation of both beverage content and the marketing practices used to promote their consumption. Comprehensive and authoritative, *Beverages in Nutrition and Health* offers food scientists, nutritionists, public health specialists, and those involved in the research and development of new beverages an exhaustive survey of how common beverages impact our health and nutrition, as well as a basis for research designed to produce healthier beverages

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Mención de serie: Nutrition and health

Bibliografía: Includes bibliographical references and index

Contenido: 1 A Brief History of Human Beverage Consumption: Prehistory to the Present -- 2 What Are the Health Implications of Alcohol Consumption? -- 3 The French Paradox: Mechanisms of Action of Nonalcoholic

Wine Components on Cardiovascular Disease -- 4 Cranberry Juice Effects on Health -- 5 Health Benefits of Citrus Juices -- 6 Orange Juice: Are the Health Benefits of Oranges Lost During Processing? -- 7 How Can the Consumption of Grapefruit Juice and Other Beverages Affect Drug Action -- 8 Tomato-Based Beverages: Implications for the Prevention of Cancer and Cardiovascular Disease -- 9 Coffee Consumption and the Risk of Cancer and Coronary Heart Disease -- 10 Health Benefits of Tea Consumption -- 11 Effect of Cocoa and Chocolate Beverage Consumption on Human Cardiovascular Health -- 12 Caffeine and Health -- 13 The Therapeutic Use and Safety of Common Herbal Beverages -- 14 Effect of Cow's Milk on Human Health -- 15 Are Soy-Milk Products Viable Alternatives to Cow's Milk? ... -- 16 Human Milk and Infant Formula: Nutritional Content and Health Benefits -- 17 Inclusion of Probiotics in Beverages: Can It Lead to Improved Health? -- 18 Beverages, Appetite, and Energy Balance -- 19 Nutritional Support Beverages in the Treatment of Malnutrition of the Elderly -- 20 Sports Beverages for Optimizing Physical Performance -- 21 Improving the Effectiveness of Oral Rehydration Therapies -- 22 The Nutritional Value of Bottled Water -- 23 Tap Water and the Risk of Microbial Infection -- 24 Liquid Candy: How Soft Drinks Harm the Health of American -- 25 Marketing Soft Drinks to Children and Young Adults -- 26 The Japanese Nutritional Health Beverage Market -- 27 Labeling Requirements for Beverages in the United States -- 28 Refining Beverage Nutrition to Provide Healthy Lives and Responsible Markets

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