

CONTENTS

Series Introduction vii

Foreword ix

Preface xi

Contributors xix

I INTRODUCTION TO BEVERAGES

1 A Brief History of Human Beverage Consumption:
Prehistory to the Present 3
Louis E. Grivetti and Ted Wilson

II HEALTH EFFECTS OF ALCOHOLIC BEVERAGES

2 What Are the Health Implications of Alcohol Consumption?..... 21
Eric Rimm and Norman J. Temple

3 The French Paradox: *Mechanisms of Action of Nonalcoholic
Wine Components on Cardiovascular Disease* 31
Rosemary L. Walzem and J. Bruce German

III HEALTH EFFECTS OF FRUIT AND TOMATO JUICES

4 Cranberry Juice Effects on Health 51
Ted Wilson

5 Health Benefits of Citrus Juices 63
**Carla R. McGill, Alissa M. R. Wilson,
and Yanni Papanikolaou**

6 Orange Juice: *Are the Health Benefits of Oranges Lost
During Processing?* 79
Carol S. Johnston

7 How Can the Consumption of Grapefruit Juice and Other
Beverages Affect Drug Action? 93
Garvan C. Kane

8 Tomato-Based Beverages: *Implications for the Prevention
of Cancer and Cardiovascular Disease* 107
Craig W. Hadley, Steven J. Schwartz, and Steven K. Clinton

IV EFFECT OF CONSUMPTION OF COFFEE, TEA, AND COCOA

9 Coffee Consumption and the Risk of Cancer and Coronary
Heart Disease 127
Alessandra Tavani and Carlo La Vecchia

10	Health Benefits of Tea Consumption	143
	<i>Farrukh Afaq, Vaqar M. Adhami, Nihal Ahmad, and Hasan Mukhtar</i>	
11	Effect of Cocoa and Chocolate Beverage Consumption on Human Cardiovascular Health	157
	<i>Harold H. Schmitz, Mark A. Kelm, and John F. Hammerstone</i>	
12	Caffeine and Health	171
	<i>Bennett Alan Weinberg and Bonnie K. Bealer</i>	
13	The Therapeutic Use and Safety of Common Herbal Beverages	187
	<i>Winston J. Craig</i>	
V HEALTH IMPACT OF MILK AND MILK ALTERNATIVES		
14	Effect of Cow's Milk on Human Health	205
	<i>Lois D. McBean, Gregory D. Miller, and Robert P. Heaney</i>	
15	Are Soy-Milk Products Viable Alternatives to Cow's Milk?	223
	<i>Jayne V. Woodside and Michael S. Morton</i>	
16	Human Milk and Infant Formula: <i>Nutritional Content and Health Benefits</i>	235
	<i>James K. Friel</i>	
17	Inclusion of Probiotics in Beverages: <i>Can It Lead to Improved Health?</i>	247
	<i>Knut J. Heller</i>	
VI NUTRITIONAL SUPPLEMENTATION AND WEIGHT CONTROL BEVERAGES		
18	Beverages, Appetite, and Energy Balance	261
	<i>James Stubbs and Stephen Whybrow</i>	
19	Nutritional Support Beverages in the Treatment of Malnutrition of the Elderly	279
	<i>Carrie Johnsen and Peter Glassman</i>	
VII BEVERAGES FOR PERFORMANCE ENHANCEMENT AND REHYDRATION		
20	Sports Beverages for Optimizing Physical Performance	289
	<i>Ron J. Maughan</i>	
21	Improving the Effectiveness of Oral Rehydration Therapies	307
	<i>B. S. Ramakrishna</i>	
VIII MARKETING AND SAFETY ISSUES OF BOTTLED AND TAP WATERS		
22	The Nutritional Value of Bottled Water	321
	<i>Shelina M. Jamal and Mark J. Eisenberg</i>	
23	Tap Water and the Risk of Microbial Infection	335
	<i>Christian Chauret</i>	

IX MARKETING AND HEALTH ISSUES OF SOFT DRINKS

- 24** Liquid Candy: *How Soft Drinks Harm the Health of Americans* 351
Michael F. Jacobson
- 25** Marketing Soft Drinks to Children and Young Adults 369
Audrey Balay-Karperien, Norman J. Temple, and Marion Nestle

X LABELING ISSUES OF BEVERAGES

- 26** The Japanese Nutritional Health Beverage Market 377
Kohji Ohki, Yasunori Nakamura, and Toshiaki Takano
- 27** Labeling Requirements for Beverages in the United States 389
Leslie T. Krasny

XI CONCLUSIONS

- 28** Refining Beverage Nutrition to Provide Healthy Lives and Responsible Markets 405
David R. Jacobs, Jr., Norman J. Temple, and Ted Wilson

Index 415



<http://www.springer.com/978-1-58829-173-8>

Beverages in Nutrition and Health
Wilson, T.; Temple, N.J. (Eds.)
2004, XX, 430 p. 21 illus., Hardcover
ISBN: 978-1-58829-173-8
A product of Humana Press