

Definition of Beverage

Beverages are an integral part of human diet, starting from new born. The cycle starts with the infant formulas- highly complex drink, rich in many key nutrients. As human age and their nutritional requirements change, product designer keeps pace by developing new and innovative beverages to meet these needs.

Beverages can be defined as any fluid which is consumed by drinking. It consists of diverse group of food products, usually liquids that include the most essential drink water to wide range of commercially available fluids like fruit beverage, synthetic drinks, alcoholic beverage, milk, dairy beverages, tea, coffee, chocolate drinks etc. Despite differences in their properties one common feature that exists in all beverages is their ability to act as thirst quencher. In simple words beverages can be defined as liquid which is essentially designed or developed for human consumption. The beverages are rarely consumed for its food value but it is vital for life. Although their prime role is to fulfill the human need but these are part of our culture.

However there are important pre-requisite for beverages:-

- All are made from food ingredients
- All are subject to pure food law
- Consumed in enormous quantities sometimes safer than potable supply

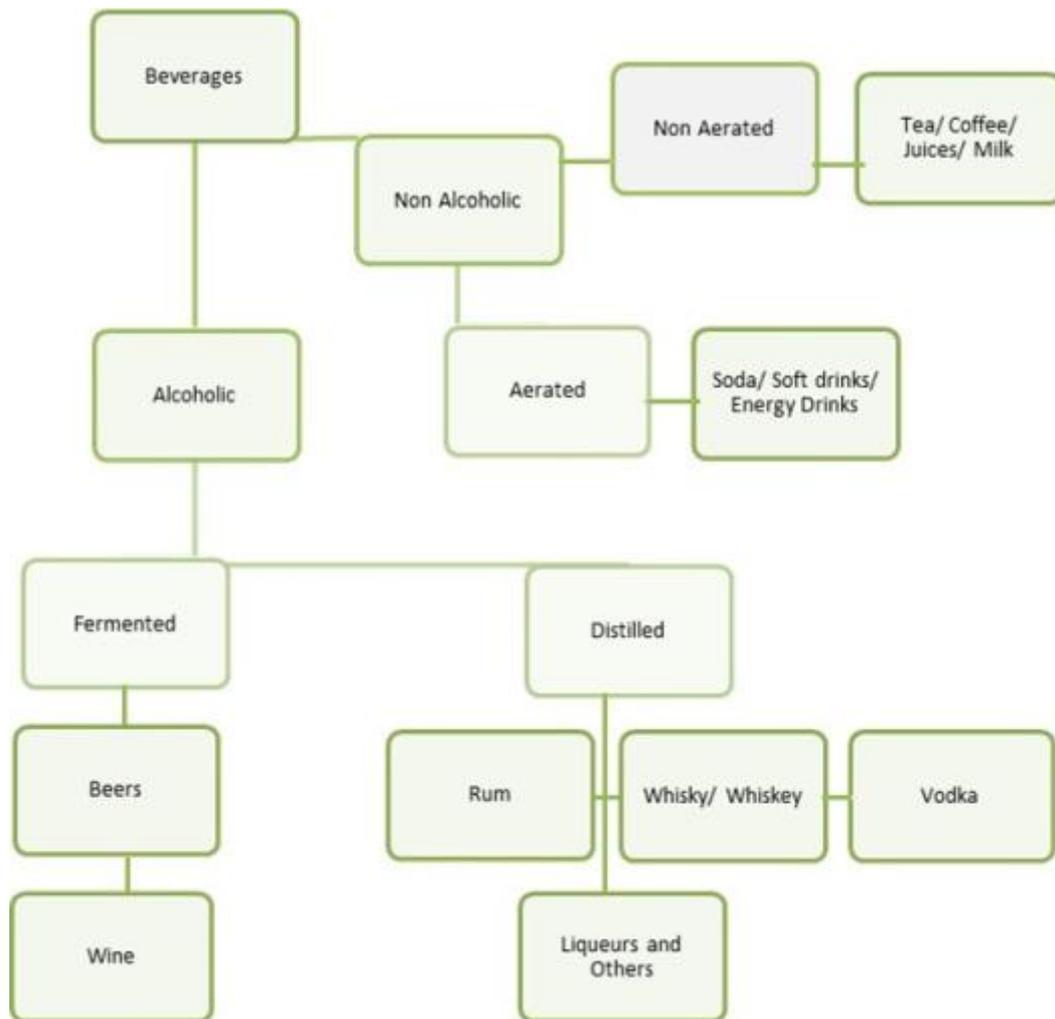
Health Importance of Beverages

Beverages are essential for growth, development as well for carrying out various physiological processes that are critical for living a healthy life.

1. In adult individuals 70 percent of body weight, 73 percent of lean muscle, 25 percent of adipose tissues, 22 percent of bone and 80 percent of blood consists of water. Consumption of beverages help in maintaining the water content in body and prevent dehydration
2. The water assists in digestion, assimilation and excretion of foods. It also helps in removing the toxic substances produced in body as a result of metabolisms such as urea, uric acid, ammonia etc. through kidney.
3. Water in beverages help in regulating the temperature of body through the process of sweating.
4. Beverages specially the fruit and vegetable based ones are source of micronutrients (vitamins and minerals) and anti-oxidants (carotenoids, flavonoids).
5. Certain beverages like tea and coffee contain alkaloids which stimulate the central nervous system.
6. Consumption of alcoholic beverages specially wine is recommended for its heart healthy image due to the presence of flavonoids.
7. Fermented dairy beverages are consumed because of the beneficial microflora present in them which assist in restoration and improvement of gastro-intestinal health.

Classification of Beverages

- **Alcoholic Beverage**
- **Non alcoholic beverage**
-



ALCOHOLIC BEVERAGE

Alcoholic beverage is portable liquid which contain 2% to 75% of liquor. They are produced by the introduction of yeast for fermentation into substance such as fruits, cereal (grain), molasses and plant extract.

Technically, it is known as ethyl alcohol that forms as the product of a chemical reaction in which yeast converts the glucose present in the cereals or molasses into alcohol & carbon dioxide (CO₂), though there is other reaction taking place at the same time and that also influence the character of the finished beverage. Alcoholic beverage has been divided into two categories, they are as follow

- **Fermented Alcoholic Beverage**
- **Distilled Alcoholic beverage**

FERMENTED BEVERAGES

Fermented Alcoholic beverages are classified broadly as 2: **Wine and Beer.**

Wine is a beverage that is prepared by fermentation of Grape (Or other fruits like Cherry, Apricots, Pears, etc) by the addition of yeast.

Beer is prepared by the fermentation of grain with yeast with the addition of Hops. These are generally called fermented malt beverages.

DISTILLED BEVERAGES

A distilled beverage, spirit, liquor, or hard liquor is an alcoholic beverage produced by distillation of a mixture produced from alcoholic fermentation, such as wine. The beverages are distilled using either a Pot Still or a Patent Still. Distilled beverages are Rum, Whisky/ Whiskey, Vodka, Gin, Brandy, Tequila. They are also called spirits. Flavored and Sweetened spirits are called Liqueurs.

NON ALCOHOLIC BEVERAGE

Non-alcoholic beverage refers to non-intoxication drinks or soft drinks, which doesn't have a bit of liquor by volume or yeast is not introduced to convert sugar into alcohol during fermentation. They are considered as soft beverages, which can be have according to the choice and standard. E.g aerated water, mineral water, juices, squashes, syrups, tea, coffee, milk etc.