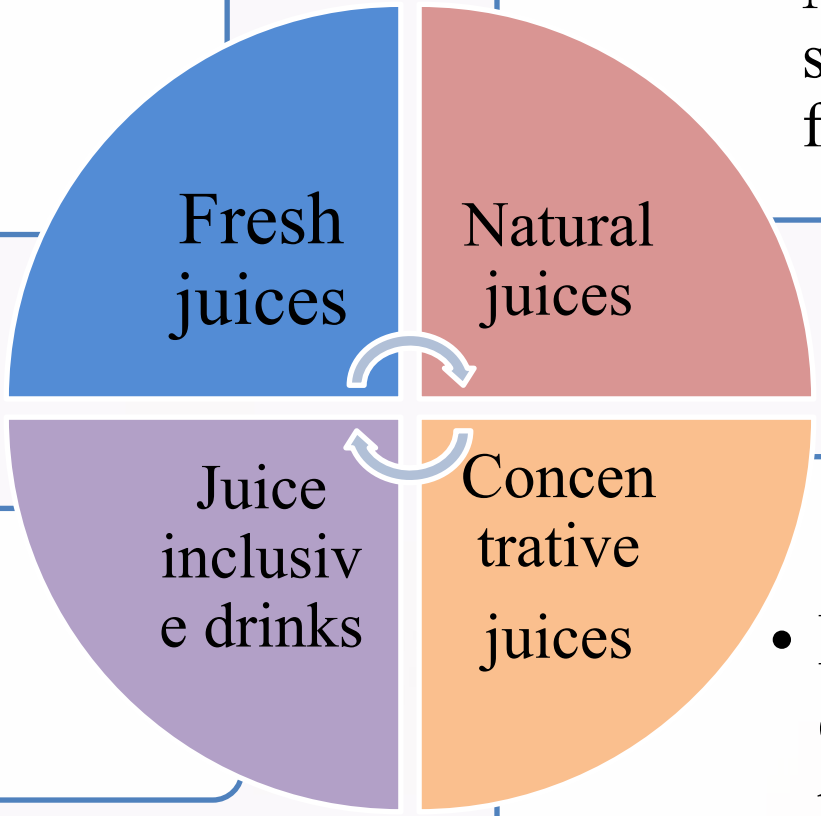

Drinks in our daily life

# Types of juices

- Made up from fresh fruits/vegetables

- Made up by saving order of fresh juice




- 25-30% of fresh juice olny

- Passes chemical processing

## Process of natural juice production

- Collect fruits/vegetables
- Wasing of product
- Compression of product
- Pasterilisation
- Packaging
- Transfer product to refrigerator for cooling in azot atmosphere

## Consentrative juice production

- Collect fruits/vegetables
- Washing of product
- Chemical processing
- Boiling of product in order to decrease amount of water
- Regulate the taste and consolidate removal of liquid
- Packaging

| | |
|---|---|
| Citric acid (E330) | Acid, widely represented in nature. Contained in most fruits and vegetables. As a dietary supplement, citric acid is well known to all housewives, because it is often used for baking. It can be used as an acidity regulator, usually added to nectars to adjust the sweet and sour taste. Also for this purpose, malic (E296) and tartaric (E334) acids can be used. |
| - Ascorbic acid (E300). | Or otherwise - vitamin C. It can be used as an antioxidant, due to its antioxidant properties, it prevents the taste of juice or nectar from changing during storage. |
| Pectins (E440). | Soluble dietary fibers that contribute to the normal functioning of the digestive system, maintaining normal intestinal microflora, ensuring motor-evacuation function. In juices and nectars with pulp, they can be used as consistency stabilizers for even distribution of the pulp particles in the product. |
| - Steviazide (E960) | acesulfame potassium (E950), aspartame (E951) can be added to nectars as sweeteners to reduce their caloric content. In this case, the words “with sweetener” should be indicated in the nectar name. Sugar and sweeteners are not added to juices. |
| Alpha, beta, gamma carotene | Carotene color is obtained from plant source but it is not soluble in water. Gelatin is added to help mix in liquid products. |

# Tips to help you choose the right juice

1. The label must contain the names of all fruits or vegetables contained in the juice.

2. Cardboard packaging best protects the product from the sun's rays, which contributes to a better preservation of vitamins in the juice.

3. The main guarantee of quality is a well-known manufacturer, which has long and successfully established itself in the juice market

4. Also you should pay attention to the juice composition for the presence of harmful preservatives and chemicals

5.The brighter the color and smell of a juice, the more dyes and chemicals it consists. Natural juice has brown color

# How to determine the naturalness of a juice

And you can check it in a simple way: put a few drops of juice on your finger and rub it well with your fingertips. If the finger became fat (even after rinsing with clean water), it means that there are flavors in the juice “in the face” of essential oils. If the finger is not oily, there are no flavors.

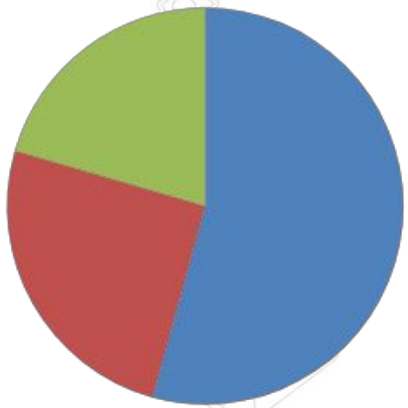
as for the presence of sweeteners, there is also no need to be a chemist: if after drinking the juice, after 5 minutes you still have a sweet taste in your mouth, it means there are sweeteners in the juice. If after 5 minutes there is no sweet taste in the mouth, there is natural sugar in the juice.

The most basic test of “naturalness” of juice is checking for the presence of dyes. To check the juices without pulp (grapes, strawberries, apples, pomegranates, lingonberries), take half a glass of mixed with half a teaspoon of baking soda. This solution is added to the juice. If the juice has become brown, then the juice without dyes. If the color of the juice remains unchanged, then there are dyes in the juice.

## popular drinks

- coca cola 24,40%
- juices in bottles 23,3%
- cold teas 15,7%
- pocket juices 30%
- energetics 6,6%

## do you pay attention to composition of drinks?



- hardly ever 54,3%
- never 25,2%
- always 20,5%

## Which juice do you prefer?

- nectar solnechnyi 10,9%
- palma 10,4%
- juicy 9,7%
- dobryi 8,7%
- Gracio 7,5%
- Fructovyi sad 7%

## Do you know what is GMO?

- yes 76,40%
- no 23,6%

# One cup of juice a day!

- * Orange - for the nervous and cardiovascular systems, with a deficiency of vitamins B and C, with poisoning and reduced immunity.
  * Cherry - with a constant feeling of hunger (activates enzyme activity).
  * Carrot - to support vision and healthy gastrointestinal mucosa, in cardiovascular diseases, kidney diseases - and during pregnancy!
  * Tomato - contains vitamin C and sodium. On the one hand, it protects against sclerosis of cerebral vessels (that is, it preserves memory and clarity of thinking), prevents oncology; on the other hand, it is contraindicated for those who are forced to limit the amount of salt in their diet.
  * Apple - organizes thinking, helps to concentrate; This juice is enriched with iron, boron, potassium and vitamins of group B.

# Yupi

## Yupi consists of:

1)Sugar
2)Lemon acid
3)Aromatization
4)Dye
5)Vitamins
6)saccharinize

# Why Yupi is reacting so easily and fastly?



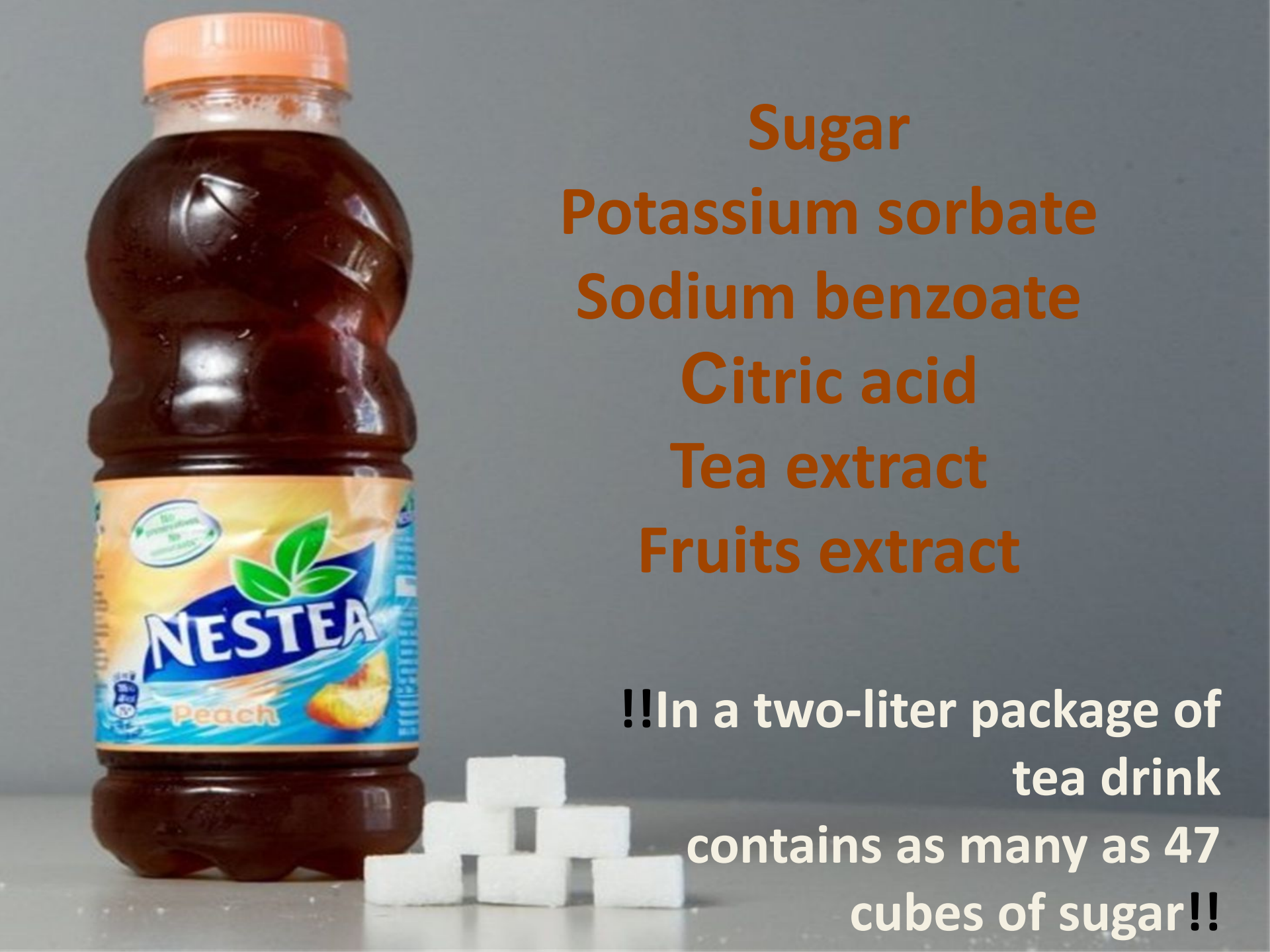




# Can we find components of Yupi in our favorite juices?

# ICETEA (RIXTEA, NESTEA)

***Is it healthy?***




Sugar
Potassium sorbate
Sodium benzoate
Citric acid
Tea extract
Fruits extract

!!In a two-liter package of tea drink contains as many as 47 cubes of sugar!!

Coca cola were first produced by John Pamberton in 1886. Originally it‘s recipe was 3 part of coca‘s leaf, 1 tropical nut of cola. Now they are the most popular drink.

- At first times they served as medicine for nerve disorders and were sold in pharmacies. They are good medicine for sickness, vomit, diarrhea and intoxication. In many countries of Asia they are used as medicine for common cold, for ex in Hong-Kong


## Coca cola‘s influence to our organism in 1 hour.

**First 10 min:**

to organism enter from 6 to 10 teaspoons of sugar.

**20min:**

Rises level of sugar in blood, large amount of insulin will be produced and turn into fat.

**40 min:**

absorbtion of caffeine, pupil increases, blood presure rises, drowsiness goes away.

**45 min:**

Production of dopamine, it affects like heroine.

**60 min:**

Organism runs out of calcium and molecules like zinc, magnesium, sodium and water. Irritability, lostlessness, shortage of caffeine and you want new dose of coca cola.

# ENERGY DRINK

containing

Caffeine

Sugar

Herbal extracts

Taurine

Amino acid

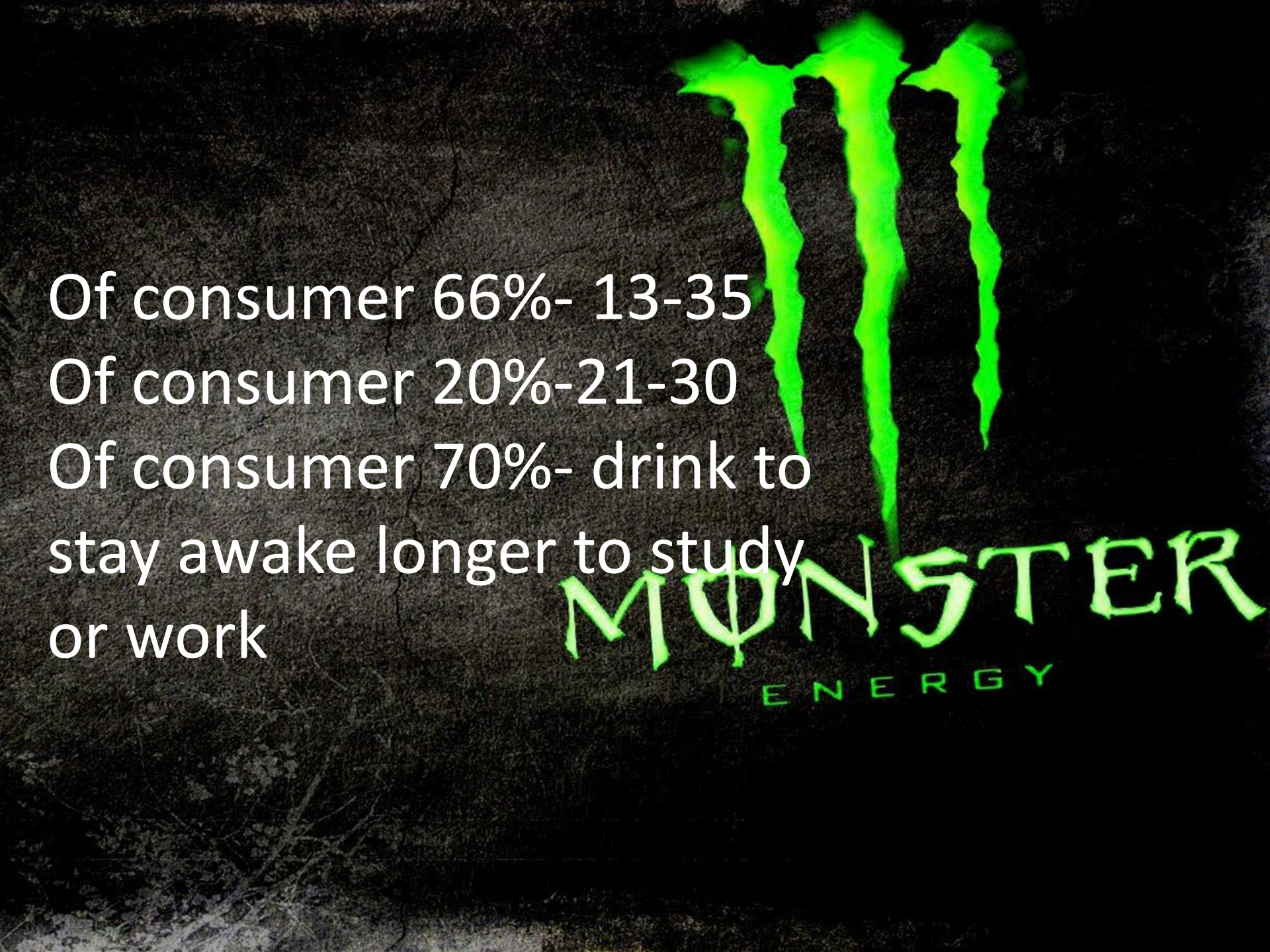
Vitamin B12

Ginseng

Yerba mate

Guarana

Of consumer 66%- 13-35
Of consumer 20%-21-30
Of consumer 70%- drink to stay awake longer to study or work



EFFECTS

- Head illness
- Increases of warry
- Asleep
- Vomit

- **In 2017 16 years old boy died because of drinking energy drinks.**

# Thank You
# For Your Attention

Do U Have

# Any
# QUESTION?