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## **Health Claims for Nonalcoholic Beverages**

Natural nonalcoholic beverages constitute a substantial proportion of the diet and can have a major impact on the health. Non-alcoholic beverages represent an important category of liquids, some with beneficial properties, depending on the composition. It has been scientifically proven that moderate consumption of these drinks brings a series of important benefits to the body through the contained phytonutrients (many with antioxidant action) alongside substances with a psycho-stimulating effect (caffeine) which is a psychoactive stimulant crosses the placenta and thus reaches the fetus also excrete in the milk for breastfed mother. Caffeine has been shown to increase the use of fat as a fuel during endurance exercise, and had a mild diuretic effect that cause dehydration associated with depletion of vitamin, calcium that may cause osteoporosis especially among pregnant women. Research also demonstrated that the higher the level of caffeine, the more it interfered with vitamin D absorption. The FDA (Food and Drug Administration) recommends a maximum caffeine dose allowed per day of 400 mg for a healthy adult. Another nonalcoholic beverage increase in the amount of dietary fructose consumption from high intake of sucrose and high fructose corn syrup, Fructose-induced insulin resistant states are commonly characterized by a profound metabolic dyslipidemia. As a conclusion there is an urgent need for increased public awareness of the risks associated with high caffeine and fructose consumption.