

9

Non-alcoholic Drinks

Aims and learning outcomes

This chapter focuses on non-alcoholic beverages. On completion of this chapter the learner should be able to:

- Explain the nutritional benefits of juices and vegetable beverages.
- Identify the background, classification, production methods and packaging systems for juices, soft drinks and water beverages.
- Describe the production, service methods and styles for tea, coffee and hot chocolate beverages.

9.1 Introduction

Juices, soft drinks and waters because of their diversity of flavours are the world's most popular drinks. Originally consumed as health and well being beverages, they have crossed over to become the number one social beverage globally. These refreshing thirst quenching beverages have changed so much in recent years. We have witnessed the introduction of low calorie soft drinks, fruit juice and mineral water mixtures and unusual new flavours to meet consumer demands. The worldwide soft drinks market consumes some 392 billion litres and is growing by 5% per year. The United States remains the largest consumer with over 23% of sales in volume despite the market's maturity, followed by Latin America. China is enjoying the most spectacular growth with an annual increase of over 15% (Datamonitor, Canadean, 2012).

9.2 Juices

Fruit juices are available in various forms and in various qualities. Legislation regarding the term 'fruit juice' can vary from country to country.

Nutritious juice and vegetable drinks

The consumption of juices carries many nutritional benefits. For example reducing your cholesterol by 1 per cent can lower your risk of heart disease by 2 per cent; and most people can reduce their cholesterol by eating and drinking healthily. Eating a least five portions of fruit and vegetable a day will reduce the risk of heart disease, probably by helping to prevent the oxidation of the bad LDL (Low density lipoprotein) cholesterol, and therefore prevent plaque from building up on the inside walls of the arteries. The food and drink we consume plays a vital role in maintaining a healthy heart and lifestyle. Listed below are some of the best ingredients, which can be used to create nutritious drinks in bars to boost immune systems and promote good health.

Juices and vegetable drinks

Juices, whether fruit or vegetable, offer one of the most effective ways of keeping your immune system fighting fit all year round. All juices are great though each one provides a slightly different blend of those essential vitamins. You could consider a juice from the list of fresh fruit and vegetables below, offering these juices individually, in non-alcohol cocktails or as smoothie options prepared fresh at your bar.

- **Apple:** 160ml glass, 61 kcal, provides half the recommended nutrient intake of vitamin C. To prepare, peel skin, separate the core and cut into halves. Apples also provide fibre that helps remove cholesterol.
- **Beetroot:** helps provide oxygen in the blood; they also contain artery-protective vitamin E.
- **Blueberries:** Stops bacteria sticking to the urinary tract, preventing cystitis (as do cranberries). They contain compounds which improve circulation and combat varicose veins, and are an effective traditional remedy for diarrhea.
- **Carrot:** 160ml kcal, contains high levels of potassium, significant amounts of magnesium and some calcium, which makes it one of the most beneficial juices you can drink because, apart from iron, these are the three minerals women most likely to be deficient in because of poor diets. It's an excellent source of beta-carotene (essential for healthy skin) and other carotenoids that the body turns into vitamin A. This vitamin helps to improve night vision – and reduces the risk of cataracts. This health-enhancing juice also contains another powerful antioxidant enzyme called alpha-lipoic acid, which boosts the ability of vitamins A, C and E to get rid of harmful free radicals in the body. Carrots are traditional naturopathic foods for all digestive upsets.
- **Cranberry:** 160ml glass, 78 kcal, this antibacterial fruit is high in vitamin C, preventing urinary tract infections suffered by more than 60% of women at some point in their lives. It prevents the E.coli bacterium, which causes the infections, from sticking to the wall of the bladder or the urethra.

- **Celery:** the alkaline content in a vegetable such as celery balances the acidity in your troubled stomach. Add celery juice to your favorite juicy drink. Acts as an excellent gentle natural and cleansing diuretic that relieves uncomfortable fluid retention.
- **Green and sprouting vegetables,** broccoli, asparagus and many herbs contain the vitamin B complex, which is good for helping to recover. God's gift to hangovers is vitamin B1 (thiamine). It calms your shaky nervous system, helps your weary body break down any alcohol that's decided to hang around. Good sources are asparagus, herbs, beans, rice, grains, cereals and nuts. Broccoli is high in antioxidant vitamins, rich in iron, which prevents anemia, and a good source of calcium for protecting against osteoporosis.
- **Grapefruit:** 160ml, 53 kcal, provides 120% of the amount of vitamins C that those aged between 19 and 50 need a day. Also a good source of beta-carotene, a powerful antioxidant that, if taken in adequate amounts can lower the risk of certain cancers. Pink grapefruit also contains lycopene (powerful antioxidant) which lowers the risk of cancer of the prostate, lung, stomach, pancreas, bowel and breast. Lycopene can also prevent the formation of blood clots and, therefore, lower the risk of heart attacks and strokes. Preparation includes peeling and cutting into segments.
- **Ginger:** ginger ale is good for calming an upset stomach, as it contains gingerols, which has stomach-calming effects and can quell nausea. Dry ginger ale has slightly less sugar than the American version but neither may have enough proper ginger to have a really beneficial effect. Ginger beer, especially organic, is better. Ginger also works as a natural anti-inflammatory, helps improve circulation and helps to speed up the elimination of waste products. Helpful for colds as it dislodges phlegm and catarrh.
- **Mango:** 160ml, 62kcal, another good source of A, C and E, which work as a powerful unit to fight disease. One small glass also provides one-sixth of the daily iron requirements. Mango provides beta-carotene for healthy lungs (good for asthmatics). A very ripe mango can be peeled like a banana, or cut down either side of its flat stone to get two halves, cut a crisscross pattern in the flesh then invert to make mango hedgehogs. Slice the pieces off to get mango cubes.
- **Orange:** 160ml glass, 75 kcal, provides more than 150% of the vitamin C an adult female needs in a day, flavonoids present in the orange juice work with the vitamin C to boost immunity and strengthen blood capillaries, helping to prevent those unsightly broken blood vessels that can appear close to the surface of the skin on the face, fresh orange juice is also a good source of thiamine (produces energy) and folate (promotes healthy blood). Preparation includes peeling and cutting into segments.
- **Olives or olive oil:** Contains high levels of mono unsaturated fat, which will improve the ratio of good HDL cholesterol, which removes cholesterol from the circulation and protects against heart disease. (Also found in oily fish, such