

Review on Non - Carbonated Beverages (Soft Drinks)

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ABSTRACT:

Non-Carbonated soft drinks are a significant segment of global beverage markets. They are made by adding glucose directly to the beverage or to the water used to dilute a concentrated syrup. Glucose can come from a variety of industrial sources, but it must meet appropriate standards. Glucose levels vary depending on the product. Typical ingredients and packaging styles are discussed. Most products are pasteurized during the filling and processing process to ensure microbiological safety and stability. Natural mineral water is briefly discussed as well. Life line springs pvt.ltd., processes non-carbonated beverages with pasteurization, water treatment, blending, and other processes using materials such as water, sugar syrup, glucose, flavors, and finished product package coding (date, batch no. etc).

INTRODUCTION

Beverages are a vital part of the food industry because they include all types of liquid foods, including alcoholic (beers, wines, and spirits) and nonalcoholic drinks (water, soft or cola drinks, fruit juices and smoothies, tea, coffee, and dairy beverages), as well as carbonated and non-carbonated drinks. India is a major producer and importer of soft drink beverage. Soft drink is a beverage that improves the "Mouth Feel" on an important component for consumer enjoyment. People used to quench their thirst with water, lassi, sherbet, and so on. However, as people demanded more innovative drinks, there was a need for more sophisticated means of quenching thirst, which eventually led to the production of soft drinks. A soft drink is a non-alcoholic beverage made up of carbonated water. Sugar, high-fructose corn syrup, fruit juice, sugar, sugar substitutes (in the case of diet drinks), or a combination of these may be used as a sweetener. Caffeine, colouring, preservatives, and other ingredients may also be found in soft drinks.

TYPES OF BEVERAGES

According to Roethenbaugh , the global commercial beverage market is divided into four primary sectors hot drinks, milk drinks, soft drinks, and alcoholic drinks. Tea and coffee are examples of hot beverages. There are five major subcategories of soft drinks: bottled water; carbonated soft drinks; dilutables (squash, powders, cordials, and syrups); fruit juices (100 percent fruit juice and nectar (25–99 percent juice content); still drinks (including ready-to-drink (RTD) teas, sports drinks, and other non-carbonated products containing less than 25% fruit juice). Beer, wine, spirits, cider, sake, and flavoured alcoholic beverages are all examples of alcoholic beverages. Milk, soft drinks, and fruit juices are the most popular types of beverages and are consumed in large quantities. Beverages can also be classified as alcoholic or non-alcoholic.

SOFT DRINKS

Soft drinks have no single definition, but it is widely accepted that they are sweetened water-based beverages with a balancing acidity. In contrast to "hard drink," the term "soft drink" denotes the absence of alcohol. The term "drink" is ambiguous, but it frequently refers to alcoholic beverages. A soft drink may contain trace amounts of alcohol, but the alcohol content must be less than 0.5 percent of the total volume to be considered non-alcoholic. Soft drinks are refreshing beverages that are typically made up of 10 – 11 percent sugar, 0.3 – 0.5 percent acid (usually citric), flavouring, colouring, and chemical preservatives, as well as carbon dioxide.

MATERIALS & METHODOLOGY

1. Water
2. Sweeteners
3. Flavours
4. Acids
5. Colours
6. Preservatives

WATER:

Water is the most common ingredient in soft drinks. The quality of the water used is critical. When defining water standards, it is obvious that no impurities of any kind should be present to interfere with the proper taste, colour, physical appearance, and carbonation of the product. The raw material must come from a completely sanitary source. The chlorine in municipal water supplies should be removed using a carbon purifier. Other undesirable colours, odours, and tastes will also be removed by the carbon purifier. If particulate matter removal is required, a sand filter or cartridge type filter should be used. The water's alkalinity is a source of concern.

SWEETENERS:

The sweetener is the most expensive component of a soft drink. Because you will be selling a premium product, you should not skimp on the sweetener. We recommend using bottler's grade cane or beet sugar. Either one will produce a high-quality beverage. This type of sugar is known as sucrose. Dextrose and corn sugar should be avoided. Dextrose's sweetening ability is only about 75% that of sucrose. It will not make a tasty drink.

FLAVOURS:

Soft drink flavouring ingredients must be water soluble in order to completely disperse throughout the drink with no separation. Flavors are available in two varieties: Extracts Alcohol and water are used to dissolve the flavouring oils and compounds. Normally, this type of flavour will result in a clear soft drink. Lemon-lime , ginger ale, and cream soda are some examples.

ACIDS:

Acidulants are used to effectively enhance the flavour of soft drinks. They are known as flavouring acids. Acid is used in some drinks to extend the shelf life of the product. It acts as a preservative or activates the added preservative in this case. Citric acid is the most common and versatile acid used in soft drinks. It is found in most fruit-flavored drinks as well as some non-fruit-flavored drinks. Phosphoric acid is commonly used. It is found in cola and some root beers. The flavour profile lends itself to these products, but its use in other flavours is generally limited.

COLOURS:

Many soft drinks contain artificial colours. The colour is added to improve eye appeal and make the drink more psychologically appealing. Most soft drinks use FD&C certified colours other than brown. The brown drinks' appearance is achieved through the use of caramel colouring. Both the FD&C and the caramel colouring are approved by the government and strictly regulated. Both are suitable for use in soft drinks. The soft drink industry can use some naturally derived colours. Generally, these are not as acceptable for use because of high cost, instability and the possibility of causing off-taste.

PRESERVATIVES:

Although soft drink manufacturers would prefer to avoid using preservatives, they cannot do so without risking off-taste and/or spoilage. Sodium benzoate is the most widely used and least expensive preservative. Other preservatives are available. Potassium benzoate and potassium sorbate have specific applications. The amount and application of the preservative are critical, as are the formulation procedure and sequence.

ADVERSE EFFECTS OF SOFT DRINKS

On the negative side, soft drinks have been linked to some negative health effects. Wyshak demonstrated that all types of soft drink consumption increased the risk of bone fracture. Meanwhile, McGartland recently reported that carbonated soft drink consumption had no effect on bone health. The mechanism underlying this phenomenon is unknown. Furthermore, the effects of cola beverages were more pronounced in more active girls and children. The phosphorus content of cola-type carbonated beverages may have reduced levels of the active form of vitamin D, resulting in decreased calcium absorption and bone decalcification, increasing the risk of bone fracture. The calcium:phosphorus ratio is a risk factor for bone fractures.

CONCLUSION

Soft drinks with a high sugar content and acidity can harm oral health and have a negative impact on overall health. As a result, it is necessary to educate patients about the harmful effects of various types of soft drinks, as it is not always easy for individuals to identify the ingredients which they contain from drink labelling.

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