

# Beverages in nutrition and health

Humana Press - Beverage Impacts on Health and Nutrition



Description: -

- Beverages -- Health aspects  
Beverages in nutrition and health

- Nutrition and health (Totowa, N.J.)

Nutrition and health  
Beverages in nutrition and health

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## Beverages

What are the health implications associated with the consumption of energy drinks? For example, milk provides many of the nutrients of concern in the American diet, including calcium, vitamin D, potassium and more. International Society of Sports Nutrition position stand: energy drinks. However, many energy drink cans have more than one serving.

## Beverages

However, some individuals may not tolerate higher amounts of caffeine due to symptoms of jitteriness, anxiety, and insomnia. For example, a 16-ounce Mint Mocha Chip Frappuccino with Chocolate Whipped Cream contains 470 calories. You don't need a doctor's okay to try a nutrition shake, but it's a good idea to ask your doctor if any of the ingredients will interfere with your medications.

## Beverages in Nutrition and Health

Caffeine levels in energy drinks - Consumer Reports. Benefits and risks of caffeine and caffeinated beverages. Adapted with permission from Am.

## Nutrition & Health Info Sheets for Consumers

We also share information with our analytics and website partners, who may use it to inform decisions about current or future services.

## Beverages in Nutrition and Health

Water and Hydration Plain water is important for overall hydration and to meet fluid needs.

## Nutrition Info about Beverages

Observational research has found that tea consumption of 2-3 cups daily is associated with a reduced risk of premature death, heart disease, stroke, and type 2 diabetes.

## Healthy Beverage Guidelines

Ingredient Safety Carnitine Not enough data to establish safety of use 14. The only people who really need them are endurance athletes who exercise for more than an hour at a stretch and who sweat a lot. They also may help lower the risk of high blood pressure.

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