

**“A journey to the world of
beverages”**

**Key points about the properties of
common beverages**

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Table of contents:

Beer	7
Drinking Water and its properties:	17
Citrus fruits and their properties:	26
Red Grapes and White Grapes and their properties:	33
Apple and its properties:	39
Sour Cherry and its properties:	44
Pomegranate and its properties:	52
Pineapple and its properties:	59
Mango and its properties:	65
Peach and its properties:	69
Coconut and its properties:	74
Lime and its properties:	80
Mint and its properties:	83
Pussy Willow and its properties:	85
Borage and its properties:	87
Aloe Vera and its properties:	89
References:	92

Introduction:

Human necessity to the food is of the natural or physiologic requirement which is the most important factor for survival and longevity. The need to the food is eternal and will force the organism to try for earning the food and hunger removal.

Proper and moderate nourishment will not only feasible the growth phenomenon and will lead to health and longevity but also by effecting on the psychiatry will lead to intellectual and mental forces growth.

The present data indicates that at the moment in our country the chronic diseases trend is in warning level. Obesity and overweight is presented in our country with high percent which can underlying the cardiovascular disease, diabetes and cancers and one of the basic reasons is the change of consumption pattern and nutrition undesirable behaviors. In the other hand about the malnutrition incidence in children and lack of micronutrients (lack of ferrous, vitamins A and D, B2 and calcium) in different society's groups, beliefs and people nutrition behaviors and nutrition unawareness will be the main factor. Therefore, culture development and nutrition awareness of the people will be known as the undeniable necessity and trustee organizations should have high attempts in this area.

In this regard, the authors of this book by using from the valid and new literatures, paid to the presentation of scientific points regarding to the beers, sparkling water and fruit juices and their properties simply and away from the scientific details. Also we tried to introduce the Behnush Company's different beverages products honestly and away from the economical exaggeration, so we hope that this book will be useful for the respectful readers and will gain even a small step for increasing the nutrition knowledge for the dear citizens.

Furthermore in sections "for better life", the abstract of scientific articles and updated domestic and foreign Prestigious books in different fields for better using was added.

With health wishing

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