

Comparative Study on the Effect of Sweeteners on the Oxidative Status of Green Tea and Black Tea

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Both green and black tea are known by the consumers for their chemical composition rich in polyphenols – substances with an important antioxidant effect, proving the capacity to fight against free radicals and to strengthen the immunity system. In order to improve the sensorial characteristics of green and black tea, the main food additives used are natural and synthetic sweeteners. Knowing how to choose the best sweetener for organic green and black tea is a duty of any specialist in this field, in order to improve the capacity to make nutritional recommendations – taking into consideration the different health level of the consumers (especially the ones with diabetes or cardiovascular symptoms or diseases, digestive or hormonal problems or allergies). The present paper shows a personal method for finding of the best synthetic or natural sweeteners that can be used for sweetening the organic green or black tea coming from areas without any contamination. This method allows the selection of optimal sweetener by monitoring the oxidative status of internal and external environment for green and black tea.

Keywords: green tea, black tea, sweeteners, coenzymes (NAD, FMN)

The tea is most widely consumed beverage in the world, next to water. In U.S.A., (bigger consumption in world) the tea consumption is grouped in black tea (85%), green tea (14%) and others (1%). Today, around the world, 15 000 cups of tea are consumed in every second; black tea is the favourite tea assortment – 78% of world consumption, at the same time, green tea is preferred by 20% of world consumers [1]. Standard amount of caffeine in a cup of green tea is around 35-80mg/100 g (one cup), in black tea is around 90-110 mg/100g; in average cup of coffee will get about 110-130 mg/100 g caffeine [2].

Green tea is a type of tea obtained from leaves unfermented by *Camellia sinensis*. In this type of tea, the post harvest natural fermentation process is stopped (a major difference from black tea). Green tea differs from the black one by way of preparation, content of substances, taste and produced effects.

The used technologies in tea industry are shown in figure 1 [3].

Both, in green tea and black tea will be comparable quantities of epicatechin, catechin, and epicatechingallate. In addition, in the green tea will be larger amounts of gallic acid, gallicocatechin gallate, kaempferol, myricetin, quercetin, and rutin – than in black tea [4]. Green tea contains several catechins, but the polyphenol with the highest anticancer activity of all is EGCG or gallate epigallocatechin [5]. Polyphenols of green and black tea attenuate blood pressure increases due to their antioxidant properties [6].

The principal reasons for should drink more green tea can be grouped: the teas of all varieties contains high levels of antioxidant (polyphenols), drinking tea in place of light calorie beverages can help people lose weight, despite the caffeine, green tea can help keep people hydrated (through hydrating the body) [7]. Recently, some epidemiological studies have indicated that drinking green tea slightly reduces blood pressure. 120 mL of green tea consumed per day for 1 year significantly reduces the risk of developing hypertension [8]. Black tea can also expand the airways and making breathing easier for asthmatics [9].

To improve sensory characteristics of green tea and black tea are commonly used natural sweeteners or synthetic sweeteners and these must be chosen carefully because using them singly or together with other food additives can lead to severe illness [10].

The green tea and black tea are different limits of maximum admissible concentrations for certain metals in green and black teas from China, India, Pakistan, Brazil (different limits according to the legislation of these tea producing countries) [11].

To highlight the occurring changes in the oxidative status of green and black teas, to determine how the antioxidant potential of these can improve the nutritional characteristics



Fig. 1. The used technologies in tea industry (Typical sequences of green and black tea manufacturing in South East of Asia) [3].

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Sweeteners Analysis Manual

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Sweeteners Analysis Manual:

Handbook of Analysis of Active Compounds in Functional Foods Leo M.L. Nollet, Fidel Toldra, 2012-01-18

Functional foods offer specific benefits that enhance life and promote longevity and the active compounds responsible for these favorable effects can be analyzed through a range of techniques Handbook of Analysis of Active Compounds in Functional Foods presents a full overview of the analytical tools available for the analysis of active ingredients in these products Nearly 100 experts from all over the world explore an array of methodologies for investigating and evaluating various substances including Amino acids peptides and proteins along with glutamine taurine glutathione carnitine and creatine Water and fat soluble vitamins and probiotics Terpenes including hydrocarbon carotenoids and oxycarotenoids xanthophylls Phenolic compounds such as flavonoids flavan 3 ols proanthocyanidins stilbenes resveratrol anthocyanins isoflavones tannins ellagic acid and chlorogenic acids Fibers and polysaccharides including chitosan insoluble dietary fiber fructans inulin pectin and cyclodextrins Phytoestrogens and hormones with chapters on anise oil and melatonin Tetrapyrroles minerals and trace elements Lipid compounds with discussions of omega 3 and 6 fatty acids conjugated linoleic acids lecithin sterols stanols lipoic acid and alliin Sweeteners salt replacers and taste modifying compounds Each chapter describes the specific compound and its benefits surveys the range of analytic techniques available and provides ample references to facilitate further study The book follows a convenient format with well organized chapters allowing readers to quickly hone in on specific topics of interest This comprehensive reference provides a complete survey of the most cutting edge analytical techniques available for researchers industry professionals and regulators

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Federal, State, and Territorial Reference Manual of Pure Food and Drug Law Charles Wesley Dunn, 1913

Fructose, High Fructose Corn Syrup, Sucrose and Health James M. Rippe, 2014-02-21 The metabolic and health effects of both nutritive and non nutritive sweeteners are controversial and subjects of intense scientific debate These potential effects span not only important scientific questions but are also of great interest to media the public and potentially even regulatory bodies Fructose High Fructose Corn Syrup Sucrose and Health serves as a critical resource for practice oriented physicians integrative healthcare practitioners academicians involved in the education of graduate students and post doctoral fellows and medical students interns and residents allied health professionals and nutrition researchers registered dietitians and public health professions who are actively involved in providing data driven recommendations on the role of sucrose HFCS glucose fructose and non nutritive sweeteners in the health of their students patients and clients Comprehensive chapters discuss the effects of both nutritive and non nutritive sweeteners on appetite and food consumption as well as the physiologic and neurologic responses to sweetness Chapter authors are world class practice and research

oriented nutrition authorities who provide practical data driven resources based upon the totality of the evidence to help the reader understand the basics of fructose high fructose corn syrup and sucrose biochemistry and examine the consequences of acute and chronic consumption of these sweeteners in the diets of young children through to adolescence and adulthood Fructose High Fructose Corn Syrup Sucrose and Health fills a much needed gap in the literature and will serve the reader as the most authoritative resource in the field to date *International Sugar Journal* ,1975 *The Dental Hygienist's Guide to Nutritional Care E-Book* Lisa F. Mallonee,Linda Boyd,Cynthia A. Stegeman,2024-07-19 Selected for 2025 Doody's Core Titles in Dental Hygiene Auxiliaries Learn how to apply nutritional principles to promote optimal patient care The Dental Hygienist's Guide to Nutritional Care 6th Edition explains how teaching proper nutrition can improve oral and systemic health Case studies and clear full color photos and illustrations provide a basis for assessing diagnosing planning implementing and evaluating the care of patients In addition a solid foundation in nutrition prepares you for the subject's increased emphasis on the NBDHE examination NEW Incorporation of the latest federal nutrition standards and initiatives includes Healthy People 2030 and the 2020 Dietary Guidelines for Americans Clinically relevant applications to dental hygiene include a focus on patient education and dental hygiene considerations Vitamin and mineral content is presented based on the oral effects of micronutrients Case studies and Health Applications in each chapter demonstrate how nutrition concepts can be applied to specific patient situations Robust practice opportunities allow you to test your comprehension and apply what you've learned Key terms are highlighted in each chapter and defined in the glossary *Manuals of Food Quality Control* Food and Agriculture Organization of the United Nations,1986 *Journal of the Association of Official Analytical Chemists* Association of Official Analytical Chemists,1991 *A Guide to Trade and Securities Statistics* M. Balachandran,1977 *Federal Register* ,1993-07 *Manuals of Food Quality Control* P. G. Martin,Food and Agriculture Organization of the United Nations,1979 **Agrindex** ,1993 **Chilton's Food Engineering** ,1986 *Department of Agriculture Appropriation Bill* United States. Congress. House. Committee on Appropriations. Subcommittee on Department of Agriculture and Related Agencies Appropriations,1951 *Department of Agriculture Appropriations for 1951* United States. Congress. House Appropriations,1950 **Subject Authorities** R.R. Bowker Company,1981 **Journal of AOAC International** ,1993 **Indian Food Packer** ,1987

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