

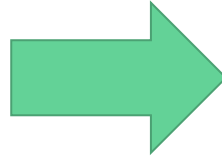
The Ingredients Project: Beverages

Samik Jain

Water: The healthiest drink

As far as I know, normal drinking water contains everything that the human body needs to survive, and if bottled correctly, does not contain any harmful chemicals or toxins.

Some bottled water contains electrolytes and minerals for a cleaner, more refined taste.



However, as Jains, we try to do what is best for the environment so better to carry your own water bottle instead of purchasing bottles of water.

Juices

One of the most popular juices is apple juice, a healthy, tasty drink most of the time. Most apple juice has a basic mix of water and juice concentrate.

Along with a mix of other ingredients, some examples include; a synthetic form of Vitamin C, and malic acid, a naturally occurring flavor found in fruit.



Natural fruit juices, especially green juices can boost immunity

Fountain Drinks

The popular drinks, like Coca-Cola and Pepsi contain a basic mix of high fructose corn syrup, caramel color, caffeine, carbonated water, phosphoric acid, and a mix of “natural ingredients”. The majority of these ingredients are unhealthy for the human body and **should be avoided**.

Coffee

Coffee is a relatively simple drink, the main ingredients are roasted coffee beans, a varying amount of milk based on the person's preference, sugar based on the person's preference, and water. One important ingredient of coffee is caffeine, which is a known stimulant and is also known for helping a person stay awake. Coffee should not be consumed too much as withdrawal can seriously mess a person up.

- As Jains, we should try to avoid any stimulants, including coffee and chai, or at least reduce the amount we intake

Are there animal products in juices and should I be concerned?

Avoid the following juices:

- Ruby Red Grapefruit Juice by Minute Maid
- Tropicana juices that contain cochineal
- Tropicana Pure Premium Healthy Heart (contains Fish)
- Tropicana Farmstand Pomegranate Blueberry (contains beef derivatives).
- Any juice or beverage with “Carmine” written in the ingredients section

Animal products in a beverage are rare and when they are found they usually come in small quantities. But as Jains, we are devoted to not eating animals and causing no harm. There is only one apparent animal product in many types of bottled juices. Carminic acid is a type of red coloring made from ground up insect. There is only a small amount of carminic acid in juices but it is still an animal product, so we must take ultimate precaution.

Animal Products in Orange Sodas

Why should I stay away from
Orange Soda?

Most traditional fountain drinks are entirely vegan/vegetarian, with the exception of most to all Orange Sodas, which contain an ingredient known as Ester Gum. Ester Gum is also called “glycerol ester of wood rosin”, which is chemically derived from animal fats. One soda company that puts this in their drinks is the brand Sunkist.

Animal Products in Coffee

The Civet Cat and Digestive-
Refined Coffee

**“researchers have now found out that
this has grown to be a very abusive
industry”**

Following extensive research, I have found that coffee in any shape or form, does not contain any animal products whatsoever. But, there is a type of coffee known as Kopi Luwak, that uses the droppings of the Asian Palm Civet, a type of mammal.

Keep in mind, multiple studies have now been launched into this industry as the coffee has started to gain popularity, researchers have now found out that this has grown to be a very abusive industry toward the cats, and ways to make this coffee sustainably are now being looked into.

Sources

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