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Nota di contenuto	Teas, Cocoa and Coffee; Contents; Contributors; 1 The Origins of Tea, Coffee and Cocoa as Beverages; 1.1 Introduction; 1.2 The beverages in question; 1.3 Discoveries - myth and legend; 1.3.1 Tea; 1.3.2 Coffee; 1.3.3 Cacao products; 1.4 Global domination begins; 1.4.1 Tea - overland and a race by sea; 1.4.2 Coffee - from persecution to epitomising the protestant work ethic; 1.4.3 Chocolate - from lying down . . . to sitting up; 1.5 From foreign fancies to the drinks of the masses; 1.6 Tea, coffee and chocolate 'go public'; 1.7 Opinion is divided on the merits of the three beverages 1.8 Tea, coffee and chocolate - the futureReferences; 2 Purine Alkaloids: A Focus on Caffeine and Related Compounds in Beverages; 2.1 Introduction; 2.2 Occurrence of purine alkaloids; 2.3 Biosynthesis of purine alkaloids; 2.4 Degradation of purine alkaloids; 2.5 Decaffeinated tea and coffee; 2.6 Metabolism of caffeine by humans; 2.7 Effects of caffeine consumption on human health; 2.7.1 Biochemical and biological actions of caffeine; 2.7.2 Mental performance

enhancement; 2.7.3 Physical performance enhancement; 2.7.4 Caffeine toxicity; 2.7.5 Tolerance, withdrawal and dependence
2.7.6 Caffeine in pregnancy2.7.7 Toxicity in other species; 2.8 Summary; References; 3 Phytochemicals in Teas and Tisanes and Their Bioavailability; 3.1 Introduction; 3.2 Phytochemical content of teas and tisanes; 3.2.1 Camellia teas; 3.2.2 Yerba mate tea; 3.2.3 Itadori tea; 3.2.4 Rooibos tea; 3.2.5 Honeybush tea; 3.2.6 Chamomile tea; 3.2.7 Hibiscus tea; 3.2.8 Fennel tea; 3.2.9 Anastatica tea; 3.2.10 Ficus tea; 3.3 Bioavailability - absorption, distribution, metabolism and excretion; 3.3.1 Green tea; 3.3.2 Black tea; 3.3.3 Itadori tea; 3.3.4 Rooibos tea; 3.3.5 Honeybush tea
3.3.6 Hibiscus tea3.3.7 Fennel tea; 3.3.8 Other teas; 3.4 Summary; References; 4 Teas, Tisanes and Health; 4.1 Introduction; 4.2 Black, oolong and green tea (C. sinensis); 4.2.1 Black tea; 4.2.2 Oolong tea; 4.2.3 Green tea; 4.3 Other teas and tisanes; 4.3.1 Yerba mate (Ilex paraguariensis); 4.3.2 Itadori (Polygonum cuspidatum); 4.3.3 Chamomile (Chamomilla recutita L.); 4.3.4 Hibiscus (Hibiscus sabdariffa L.); 4.3.5 Rooibos (Aspalathus linearis); 4.3.6 Honeybush (Cyclopia intermedia); 4.4 Summary and conclusions; References
5 Phytochemicals in Coffee and the Bioavailability of Chlorogenic Acids5.1 Introduction; 5.2 Harvesting coffee beans, roasting and blending; 5.3 Phytochemicals in coffee; 5.3.1 Effects of roasting on the phytochemical content of coffee beans; 5.3.2 Chlorogenic acid intake and coffee consumption; 5.4 Bioavailability of coffee chlorogenic acids in humans; 5.4.1 Studies involving volunteers with and without a functioning colon; 5.5 Conclusions; References; 6 Coffee and Health; 6.1 Introduction; 6.2 Antioxidant status
6.2.1 Effect of coffee consumption on antioxidant status: epidemiological and cohort studies

Sommario/riassunto

In recent years, the role of plant secondary metabolites as protective constituents in the human diet has been a growing area of research. Unlike the traditional vitamins, they are not essential for short-term wellbeing, but there is increasing evidence that modest long-term intakes can have favourable impacts on the incidence of cancers and many chronic diseases, including cardiovascular disease and type II diabetes, which are occurring in Western populations with increasing frequency. This book covers the latest science on the metabolism and potential health benefits of teas, cocoa, coffee