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Beverages with functional properties

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The food industry is always innovating and seeking to meet the new needs of consumers, for this it is essential to understand the changes in lifestyle and eating habits. Among these changes is the search for a better quality of life, which has led people to choose foods that not only supply their calorie needs, but also bring health benefits. In this context, the functional beverages stand out and show promise to meet these needs, since their main characteristic is to have beneficial properties for the body, besides contributing to health, well-being, disease prevention and increased quality of life. Currently it is possible to find several functional foods on the market, such as cookies, cereal bars, prebiotic pastas, probiotic chocolates, among others. The functional beverage category stands out in this group due to its practicality, consumption preference, and convenience. This market is in growing expansion, currently there are already products such as juices, nectars, whey-based protein drinks and probiotic drinks, which are mainly responsible for acting on the behavior of the physiological functions and as antioxidants in the human body. There are several studies with this theme, they aim to ensure that the benefits of these beverages are ensured and that they can be inserted into the daily diet of consumers. Thus, this seminar seeks to make a survey of recent research related to functional drinks in order to bring a better understanding about the topic.

Referências:

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Portaria nº 398, de 30 de abril de 1999. Regulamento Técnico que Estabelece as Diretrizes Básicas para Análise e Comprovação de Propriedades Funcionais e ou de Saúde Alegadas em Rotulagem de Alimentos. Diário Oficial da República Federativa do Brasil. Brasília, 03 maio. 1999. Disponível em: [portaria nº 398, de 30 de abril de 1999](#). Acesso em: 26 de Abril.2022.



Orientadora



Mestranda