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FOOD ADDITIVES

These are defined as non-nutritious substance which added intentionally to food, generally in small quantity to improve its appearance, flavor, texture or storage properties. eg. Oil, salt.

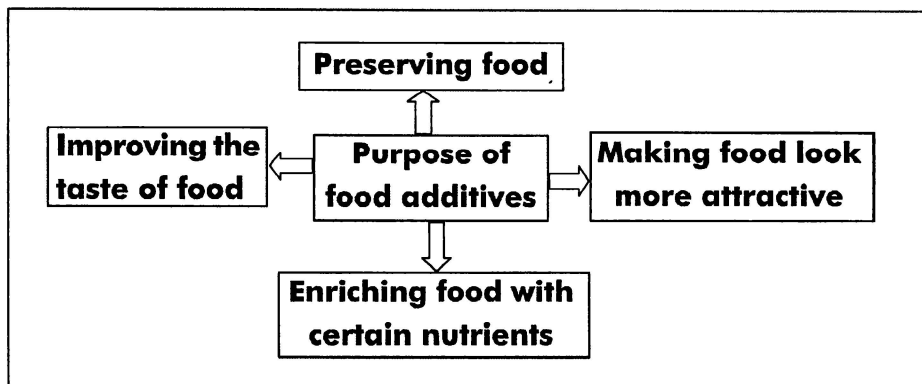
Indirect-

- 1) Packing
- 2) Processing steps
- 3) Farming practices
- 4) Other environmental conditions

Food additives – these are mainly of two types

1) Direct

These agents considered safe for human consumption.



2) Indirect

Additives and their role-

Direct-

Colors-

- 1) Coloring agents- Saffron, turmeric
- 2) Flavoring agents- Vanilla essence
- 3) Sweeteners- Saccharin
- 4) Preservatives- Sorbic acid, sodium benzoate
- 5) Acidity imparting agent- Citric acid, acetic acid

Colors make food look more attractive and can be added even to restore color during processing.

Antioxidants-

Help to stop oils and fats from



Additive	Examples	Food	Benefit	Health hazard
Antioxidants	Ascorbic acid (Vitamin C)	Fruit, meat	Stop food reacting with O ₂ (which spoil taste, change color)	
Colourings	Sunset yellow	Drinks, sweets	Improve appearance of food	Cause hyperactivity in children Trigger asthma
	Caramel	Sweet, drinks, soups	Give yellow/orange colour Give brown color	
Flavouring	Monosodium glutamate	Processed food, Chinese food	Enhance taste of food	
	Vanillin	Desert, chocolate	Give vanilla taste	
Preservatives	sulfur dioxide	Fruit juice, dried fruit	Give food longer life	Destroy vitamin B ₁ May cause cancer
	Sodium nitrate	Meat products (sausages)	Kill bacteria Preserve vitamin C Stops growth of harmful bacteria	
Emulsifier	Lecithin	Powdered milk	Stop oil and H ₂ O separating out into different layers	



deteriorating and develop rancid flavors.

Acidity regulators-

Regulate or adjust the acid or alkali level in the food to maintain a sour or sharp taste.

Anti caking agents-

Reduce the tendency of particles to stick together.

Preservatives-

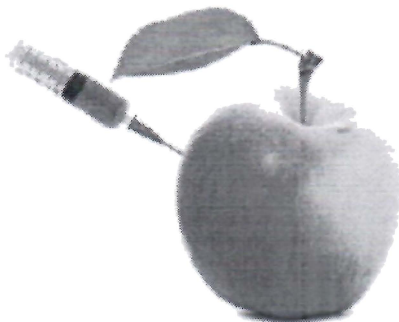
Used to improve the safety and shelf life of food by controlling the microbial growth.

Stabilizers-

Make it possible for 2 or more ingredients to stay together.

Thickeners-

Increases the viscosity of the



mixture without modifying the properties.

Emulsifiers-

Ensure the proper mixing of oils and water ingredients.

Flavor enhancers-

Enhance the foods existing flavor.

Glazing agents-

Provide a shiny appearance or protective coating.

Humectants -

Prevents food from drying out.

Functions of food additives-

- Improve shelf life or storage time. Eg- sulphurdioxide added to sausage meat to avoid microbial growth
- Ensure nutritional value
- Maintain uniform quality and to enhance quality parameters like flavor, colour etc., in large scale production



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