

Food Additives: An Overview

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I. INTRODUCTION

After air and water, food is the third most important necessity of life. Air and water remain almost the same, but human food has evolved with human civilization. We find different types of food varieties in different areas. Vegetables, fruits, whole-grain products, meat, poultry, fish, meat and beans, all come under the category of food.

Food is any substance consumed i.e eaten, drunk or otherwise taken into the body to sustain life, consisting essentially of proteins, carbohydrates, fats, vitamins and minerals used in the body of an organism to sustain growth and vital processes and to furnish energy.

Food additives are substances or mixtures of substances other than basic foodstuff added intentionally or unintentionally to the food to improve its appearance, flavor, texture or storage properties. Food additives can be present in food as a result of some aspect of production, processing, storage or packaging.

Food Additives have been used for many years to preserve, flavor, blend, thicken and color foods and have played an important role in reducing serious nutritional deficiencies among consumers. These ingredients also help ensure the availability of flavorful, nutritious, safe, convenient colorful and affordable foods that meet consumer expectations year-round.

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