

Varieties of food additives in the contemporary human diet

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Introduction. The importance of food additives in nature and man's life cannot be overestimated. Improvement of the food preservation and processing, enhancement of their taste became possible thanks to the chemistry. In the early 20th century food additives were widely used in baked goods, confectionaries, as well as in the production of sausages, canned food and soft drinks. Nowadays, most of the products on store shelves contain synthetic E-additives. Therefore, each person eats in a year about 2.5 kg of substances that create the illusion of saturation in the use of food. Every year there are thousands of new products that are specially designed for complex E-additives [2]. There are E-additives like dyes, preservatives, thickeners, antioxidants, catalysts, etc. (vitamins and mineral added to food and raising their value related to E-additives) [1]. So, now food additives – are natural or synthetic substances that are specifically added to food to perform certain technological functions. Such substances are also referred to as direct food additives. The main objectives of introducing supplement are:

- 1) improvement of technology for processing raw materials, manufacturing, packing, transportation and storage of food;
- 2) increase of the products' stability to various types of damage;
- 3) creation and storage of the food patterns;
- 4) keeping or changing organoleptic properties and appearance of products.

Therefore food additives should not mask the effects of the use of tainted raw materials and of the food manufacturing operations under unsanitary conditions and violation of technological discipline. Usually food additives are divided into four groups: 1) substances that regulate the aroma and taste of food (flavors, flavor enhancers and odor, sweeteners, salt and sugar substitutes, acidifiers) or improve food color (dyes, stabilizers, bleaches); 2) substances that regulate the consistency and the texture of the product (thickeners, foaming agents, emulsifiers, fillers, etc.); 3) substances that enhance and increase the food storage (preservatives, film-forming, stabilizer); 4) substances that facilitate and accelerate the progress of technological processes (enzymes, baking powder baking improvers) [3].

Conclusions. The health service concern is in the increasing use of flavorings in food. Modern foods has rich variety of food additives effecting ambiguously on the body and they require more investigations and inspections in the nearest future.

References:

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