

Food additives (Part – 3)



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Food additives



Colour additives:

- These are one of the most dangerous additives.
- Colour additives make the food look appealing and taste better.
- Colour Additives are used to colour beverages, dessert powders, ice creams, custards.
- Synthetic colours are made from coal tar or petroleum.

cause : allergies ,asthma , hyperactivity

Eg: erythrosine, allura reds tartrazine , brilliant blue

Food additives



Flavor enhancers:

Taste is a complex mixture of flavors and aroma .

Flavourings are added to food products to give or intensify flavour.

Eg: monosodium glutamate – is the sodium salt of the amino acid glutamic acid and a form of glutamate

Monosodium glutamate is found in restaurant food , soups, chips, salad dressings ,frozen foods, sauces ,instant meals and noodles etc.

Food additives



Monosodium glutamate:

Side effects :

- Headache
- Weakness,
- Nausea ,
- Altered heart rate
- A burning sensation in the fore arms and back of the neck
- Tightness in the chest.
- Stunted growth and obesity – due to reduction in release of GH.

Food additives



Sweeteners:

- Substances that impart sweetness to food but supply little or no energy to the body functions :
- Provide texture in baked foods.
- Lowers the freezing point in ice cream.
- Preservative in jams.
- Adds bulk to baked foods.

Food additives



Food sweeteners (Contd..):

- Aspartame, saccharin etc
- Food sweeteners are found in -
- Sugar free chewing gums,
- Drinks (carbonated , non-carbonated , milk based , alcoholic)
- Breakfast cereals
- Desserts
- Fillings and toppings
- Processed fruit and vegetable products(jams ,jellies)
- Yoghurt

Food additives



Side effects of sweeteners :

behavioural problems

hyperactivity

allergies and

carcinogenic

Advantage :

They allow diabetics to have sugar free but sweet tasting food.

Thank You

