

Food Preservatives

Food preservative is a kind of food ingredient that maintains original characteristics and nutritional value. Preservatives can inhibit microbial activity, prevent food spoilage, prolong shelf life. According to its different functions, can be decomposed into preservatives, disinfectants, fungicides, preservatives. According to the source of preservative substances, preservatives are generally divided into acid preservatives, ester preservatives, inorganic preservatives and biological preservatives. Food preservatives include parabens, benzoic acid, sodium benzoate, ethanol, sorbic acid, etc. The amount of various preservatives should not be too much to prevent harmful.

Classification

- Natural preservatives
This category of natural food preservatives includes salt, sugar, alcohol, vinegar, spices, syrup, cooking oil and honey.
- Chemical preservatives
In this category, chemical preservatives include sorbates, nitrites, benzoates, sulfites, nitrates of sodium or potassium, glycerides, glutamates, etc.

The Importance of Food Preservatives

Preservatives maintain the consistency and texture of food, improve or retain nutritional properties, delay spoilage, and enhance flavor, texture and color.

Also, one of the greatest benefits of preservatives is to improve food safety. Many natural and live microorganisms are capable of producing toxins that increase the risk of many diseases. Asking food preservation is an important part of mitigating these risks. Nitrite is added to cured meats to stop the growth of botulism, and pasteurization effectively addresses the presence of Mycobacterium tuberculosis in liquid milk.

Safety

Preservatives (whether man-made or naturally sourced food ingredients or additives) must pass a rigorous evaluation to be safe for use. This evaluation needs to include a dossier of scientific assessments of the ingredient's safety.

Source: <https://www.formulationbio.com/products/food-preservatives.html>