



## 1. SUMMARY

We all need food and most of us derive great pleasure from it. The modern day consumer demands ever increasing standards of quality, choice, convenience and, of course, safety.

Food additives are not a new invention. Since early times, there has been a need to preserve food from one harvest to another and to improve the presentation and nutritional value of food. The use of salt and smoke for preservation dates back to early history. The Egyptians used colours and flavourings, while the Romans used saltpetre, spices and colours.

Since the first half of this century, new substances have been discovered which fulfil these and other beneficial functions at relatively low cost. Examples of such early food additives are colours in cheese, emulsifiers in margarine, baking powder in cake mixes and gelling agent in jams. In the last 40 years, developments in food science and technology, as well as changes in consumer demand, have led to a substantial increase in the use of food additives. This has enabled the food industry to produce a wide range of foodstuffs of good and uniform quality at reasonable prices.

Additives need to be used only in small quantities to be effective, typically less than 1% in the final food. Many additives, e.g. antioxidants, preservatives and flavourings, are effective at levels below 0.1 %. The use of additives is regulated by FSSAI in India.