

OBJECTIVE

Water is an important constituent of food and is termed as the universal solvent based on its chemical properties. In foods, water can be dealt as total moisture and water activity, the latter being of larger interest from research as well as applicability. The water activity of a food is an important determinant of various factors that directly modulate the stability and safety of a food for instance microbial growth, undesirable changes in the physic-chemical attributes etc. The water activity of foods are represented as sorption isotherms for obtaining a better understanding of the nature of the water present in it which can be of three varieties. Information on water activity along with environmental conditions, pH etc, can direct the decision of nature and extent of packaging required for a food product.