

Summary

It can be understood the immense potential of water activity of a food as an important determinant of outcome with respect to food stability and safety. Water can impart both positive and negative effects on the chemical nature, microbial profile and physical characteristics of a food/ food product. Measurement of total water and water activity and development of sorption isotherms can provide knowledge on the steps to be followed during the handling and storage of a food, keeping it suitable for consumption.