

Food Chemistry and Food Additives

Liza Chukhua

liza.chukhua367@ens.tsu.edu.ge

Institute of Physical and Analytical Chemistry, School of Exact and Natural Sciences,
Iv. Javakhishvili Tbilisi State University,
I. Chavchavadze Ave 1, 0179, Tbilisi, Georgia

Food science represents an important field of research. This paper examines the classification of food additives according to various criteria, as well as the requirements that each of them must meet.

Food additives are substances that are not normally consumed as food themselves but are intentionally added to foods for one or more technological purposes, such as extending shelf life, modifying texture and consistency, enhancing flavor, and preserving color.

As noted, food additives are classified into multiple functional categories, among which colorants, flavorings, and preservatives are discussed in greater detail.

The approval of substances for use as food additives, the criteria for the identity and purity of approved additives, the maximum permitted levels of their use in various food products, and the food categories in which their use is prohibited are regulated by international or national authorities. This regulation is necessary because most food additives have no nutritional value, are foreign to the human body, and may potentially cause certain adverse effects on human health.