Preservatives added to the food and its effect on the health

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Abstract

Thousands of years ago, humans have reached by trial and error many ways to preserve the food. As time passed by, it was necessary to use chemical additives to preserve food and make it available everywhere and under andy conditions.

We referred to its types and its resources which can be natural, chemical or others. We have also referred to how to use them. Chemical preservatives can replace other methods like sterilization which kills most of the bacteria, but chemical preservatives would rather help preventing the spoilage of the food and stop bacteria growth.

We have referred to the advantages which preserve the food and make it available everywhere, but the disadvantages are multiple like cancer, poisoning, allergies... etc.

We have exemplified the most detrimental preservatives and also the fast foods that affect negatively the health and how they work in the human body.

We have referred to global roles in preventing the disadvantages of the preservatives specially the U.A.E. role. We described the duties of such preservatives, and we divided the basics for the safety of the food and consumer protection to three basics:

(A) Governmental units (B) Private units (C) The Consumer, and we described each one of them.

After that, we reviewed the supplementary units which contain field-work study, photos, work-shops and lectures.

All this to reach conclusions and recommendations like:

A. As possible as we can we have to stay away from ready-made foods which contain preservatives.
B. In case we have to eat ready-made foods, it should not be our daily habit.
C. Trying to get rid of preservatives by washing or heating the foods.
D. Taking care of the nutrition of pregnant women and the children and try to depend mainly on fresh foods.

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E. Teaching nutrition in schools and avail the fresh foods in the canteens.
F. We have to stick as much as we can to the percentages allowed of preservatives in our foods, and implementing all promulgates internatio-nal safety instructions.
G. Tighten the monitoring procedures on manu-factured foods.
H. The role of governments and its units to mitigate the disadvantages of using the preservatives and to afford the replacements.