

## IMPACTS OF FOOD AND IT'S PROCESSING ON GLOBAL HEALTH

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### Abstract

The improvement in food processing techniques and methods is essential to meet the challenges of food safety & security and availability of food at the global level. Processed foods are made by the addition of preservatives, hormones, additives and other chemical or heat treatments which alter the fatty acids, natural healthy enzymes, vitamins and minerals[1]. Foods that are processed are usually durable, safer and have high activity of bioactivity of nutrients as compared to raw foods and unprocessed foods. Therefore, the aim of this study comprises the various aspects of processing of food & the effects of their products on health of humans by means of processed food before and after processing with change in their nutritional value[2], [3]. This study also deals with the possible changes in food processing industries and future trends with the grouping of modern and traditional technologies to get the desired nutritional qualities in food[3]. It is suggested to be aware of the wants, needs and attitude towards diet food and to increase the sale use them as marketing strategy.

**Keywords:** - Food safety, preservatives, processed & unprocessed foods, diet food

### Introduction: -

Healthy eating contributes to overall growth & development of health and leading healthy life style including healthy bones, skin and energy level. For enhancing health good nutrition is important because diet and physical activity combines to forms a healthy lifestyle, as it helps to decrease different kind of diseases and able to maintain healthy weight[3]. Nutritional and Nutrition factors are broadly considered to be essential for health and well-being of the humans. Several cardiovascular diseases, degenerative diseases and some types of cancers are associated with nutrition and diet uptake[4]. The global nutrition rich food demand depends on by products of food processing because processing is likely to affect activity and content of bioactive compounds. Some of the examples of processed are jellies made by heat treatment giving to fruit pulp and filtered with sugar. However, the food products capacity depends on their history of processing[3]. In present state the food Processing is being used as a most important way to improve human nutrition, global food security by improving the nutritional composition of foods and its availability, particularly for locally grown and well-known foods in the developing world[4]. The aim of this study is to provide the modern information about the effects of food processing by-products on health with their contents of nutrition after & before processing. The food preparing industry has gained much progress since the modern revolution to keep foods fresh longer and to safeguard or on the other

hand adjust the nutrient bioavailability condition of food. Cooling is the essential innovation used to look after freshness, while some more innovations have been created to enable food to last longer without getting to be ruined. These last advancements incorporate sanitization, autoclavation drying, salting, and detachment of different components. Advance systems of partition, for example, centrifugation, processing and pressing have empowered grouping of specific components of food, yielding flour, oils, juices, etc., and even separate unsaturated fats, amino acids, nutrients, and minerals. Such huge scale utilization of procedures has changed the nutritional content of food, sparing certain nutrients while expelling others[5][6]. Because of overpopulation, numerous worldwide food frameworks are not ready to give enough micronutrients to guarantee sufficient micronutrient admissions for all individuals. If the agricultural frameworks failed to give enough items containing sufficient amounts of all fundamental nutrients during all seasons, these outcomes in dysfunctional food frameworks that can't support healthy lives. Unfortunately, this is the case for some agricultural frameworks in the greater part of the developing countries in the Globe[6]. This can bring about an expanding prevalence of micronutrient insufficiencies (e.g., iron lack, vitamin A and iodine deficiency) that currently harasses more than three billion individuals comprehensively for the most part among infants and youngsters in developing nations. Increasingly finished Human epidemiologic and creature studies have demonstrated that diet plays a significant job in malignant growth improvement. The outcomes of micronutrient lack of healthy food are significant and disturbing for human existence [3][6].

### **Conclusion: -**

Demand of the global food depends on food products formed from food processing because food processing is predictable to affect activity and bioavailability of nutrients. Many people or youngsters who already purchased diet food would like to increase the quantity and quality of diet food. However, being diet conscious and being healthy is the essential factor for building healthy eating habit.

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