

THE IMPORTANCE AND HARM OF PRESERVATIVES IN THE PRODUCTION OF READY-MADE FOOD

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Annotatsiya: Tayyor oziq-ovqat mahsulotlarini ishlab chiqarishda konservantlarning ahamiyati va zararlari haqida keng qamrovli maqola yozish, ushbu mavzuning murakkabligi va ahamiyatini hisobga olgan holda, juda muhimdir. Oziq-ovqat sanoati, insonlarning kundalik hayotida muhim rol o'ynaydi, shuning uchun uning sifatini ta'minlash, xavfsizligini nazorat qilish va iste'molchilarni zararlardan himoya qilish juda zarur. Konservantlar, oziq-ovqat mahsulotlarining saqlanish muddatini uzaytirish, sifatini saqlash va iste'molchilar uchun xavfsizligini ta'minlashda muhim ahamiyatga ega.

Kalit so'zlar: tayyor oziq-ovqat mahsulotlari, ishlab chiqarish, konservantlar, lga oshirilmoqda. Masalan, tabiiy konservantlar, masalan, limon kislotasi, vitamin E va boshqa antioksidantlar, inson salomatligi.

Аннотация: Очень важно написать исчерпывающую статью о значении и вреде консервантов при производстве готовых пищевых продуктов, учитывая сложность и важность этой темы. Пищевая промышленность играет важную роль в повседневной жизни людей, поэтому очень важно обеспечить ее качество, контролировать ее безопасность и защищать потребителей от вреда. Консерванты важны для продления срока годности, сохранения качества и обеспечения безопасности пищевых продуктов для потребителей.

Ключевые слова: готовая пища, производство, консерванты, увеличение lga. Например, натуральные консерванты, такие как лимонная кислота, витамин Е и другие антиоксиданты, полезны для здоровья человека.

Abstract: Writing a comprehensive article on the importance and harms of preservatives in the production of ready-made food is very important, taking into account the complexity and importance of this topic. The food industry plays an important role in the daily life of people, so it is essential to ensure its quality, control its safety and protect consumers from harm. Preservatives are important in extending the shelf life of foods, maintaining quality, and ensuring safety for consumers.

Keywords: finished food products, production, preservatives, lga are being increased. For example, natural preservatives, such as citric acid, vitamin E and other antioxidants, human health.

INTRODUCTION

Food products are one of the most important elements for human life and health. They are not only a source of energy, but also a source of vitamins, minerals and other nutrients necessary for the proper functioning of the body. Food products come in a variety of shapes, colors, and flavors, and play an important role in people's daily lives. They have a place not only in the process of eating, but also in culture, traditions and social relationships. The process of food production includes the fields of agriculture, industry and trade. These processes are aimed at ensuring food safety, quality control, and protecting consumers from harm. Food production, storage and distribution processes are also important links to the global food system.[1]

MATERIALS AND METHODS

Products of the food industry, canned goods, pose a huge risk to health, in particular, to the health of children. These nutrients have a serious impact on metabolism, the immune system and genes. It causes clogging of the vessels due to indigestion. It disrupts the mechanism of vitamin production in the body, the amount

and composition of water, accelerates aging and causes diseases. Most children aged 10-12 are now becoming young seniors as a result of the damage these foods cause to the brain and genitals. Today, millions of tons of additional substances of thousands of types are used in the World Food Industry in a year. From a lack of control in the consumption of ready-made foods, a person consumes about 2,000 additional substances every day: sweetener, taster, preservative of the composition of the product, colorant, whitener, anti-spoilage, moisture holder, paint, hushboy odorizer, etc. In the food industry, the names of the additives used should be indicated on the packaging in which the product is wrapped. But this obligation continues to apply only to the substances produced by the factories themselves[2]

For example, if an enterprise uses water, yeast, salt, oil, eggs and sugar in the product it produces, it will show them in the packaging, but it is not obliged to indicate additional substances contained in flour, water, yeast, salt, oil, eggs and sugar. At the same time, it is also not necessary to indicate the method of preparation of its additional substances. Manufacturers of products that are completely composed of chemicals, such as sawdust, sugar, candy, packaged in a volume of less than 10 square centimeters, are not obliged to indicate the composition of these products. [3]

RESULTS AND DISCUSSIONS

There is also no obligation to indicate additives in foods that are sold open, i.e. unpacked, such as olives, meat, cheese, bread, scrapers, dried fruits, pure fruits, vegetables and greens, and in dishes prepared in restaurants and conditer shops. This lack of commitment creates a very threatening situation for the human psyche. Additional ingredients in a simple sachet: Sachet paste (the main ingredients of sachet): sachet paste contains ingredients that are not indicated on the packaging: rubber, wax, antioxidant, elastomer, wood glue, vinyl polymer, paraffin and additives (not indicated).

Sweeteners: since it is not natural, all this disrupts digestion and prepares the ground for sugar disease. In addition, some sweeteners, such as aspartame, disrupt the functioning of the brain, leading to conditions such as headaches, rotations, fainting. It causes swelling on the lips, tongue and legs. Aspartame contains the amino acid phenylalanine. Phenylalanine and metabolic residues accumulate in the blood and tissues. The developing reproduction of children causes damage to organs and the brain. Such damage causes infertility, thinking impairments, and mental impairments.[4]

Nice smells close to natural: produced using gene technologies and nanotechnology, affect the mental and hormonal balance of the body. (This can be seen in the "Mind Control" Section). Wet storage (glycerol): this can be obtained from more pork or livestock products. It is also obtained using gene technologies and nanotechnology. Emulsifier (lecithin): basically, a pork product. It is spelled "Mochor lecithin" in plant emulsifiers, but this is also actually made from mochors derived from gene modification. That is, both substances pose a health threat. Glitters: one is "shellac", obtained from the same plant as the modified gene. Opens the way for allergies and similar unexpected symptoms. The second is "carnoba wax". Synthetic wax similar to Brazilian palm wax. It is a gloss used in the papermaking and furniture industries. Colorant and moisture preservative (titanium dioxide, E 171): one of the main substances used in nanotechnology. For some time it has not been used as a mineral, but as nanoparticles. These nanoparticles, which enter the body orally and accumulate in tissues, have the property of degrading organic matter to the level of water and carbon dioxide (uglex gas). Being a strong wet holder, it affects the body's water content. The field of application is wide: medicine, vitamin, sweeteners, chewing gum, flour, sugar, salt, carbonate, added to the powdered egulars as a bleach and wet holder. As you can see, a small 2.5 gram sachet contains at least 18 additional substances. We say at least because each additional substance has 1 or 3 of its own additives. There are inscriptions on the Sakiç such as "laxative added" and "Sakiç, yutmay". Children do not understand these warning notes, and, naturally, all children

swallow the gum. Additive manufacturers say that” there are harmless, even useful, ones inside the additive.” A few years ago, this statement could be true, but today additional substances are produced using various raw materials, various technologies and techniques. Today it is impossible to determine whether the methods of production, the chemical composition and sources of the product are reliable, threatening or dubious. For example, carotene (e160) is a natural source of vitamin A. This vitamin is obtained from natural plant pigments. Betanine (E162), on the other hand, is obtained from red beets. Both names, as they were obtained from natural plants in this form 30 years ago, are now taking a place in the “reliable” class. However, during this time, new styles and technologies have begun to be used, and these additional substances in general are obtained from GM plants. There are those that are obtained even by means of biosynthesis or nanotechnology. Therefore, they have time to become” threatening”, not” reliable”. So, whether labeled or unlabeled, with the contents written on it-it is impossible to identify the actual additives used and their sources. In addition, dozens of additional substances are added to each product. Although some additional substances are not particularly harmful, they can be harmful after addition with other substances or increase the harm of each other (synergism effect), or they can be combined with various substances in the body, with drugs and foods ingested, with enzymes produced, becoming “dangerous”. The most commonly used additives are harmful even in a special case.[5]

CONCLUSION

In conclusion, although the importance of preservatives in ready-made foods is extremely important, it is necessary to think carefully about their health effects and harm. Consumers should be conscious about choosing quality and safe foods, as well as pay attention to natural and organic options. The future of the food industry should be focused on the production of healthy and safe foods, using natural ingredients and innovative technologies.

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