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CONTENTS

	Physics	
1.	On The Correct Formulation of the Starting Point of Classical Mechanics	01-23
	Temur Z. Kalanov (Uzbekistan)	
	Biotechnology	
2.	Phytochemical Analysis and Antimicrobial Activity of Leaf and Seed Extract of Cassia <i>fistula</i>	24-30
	Ritu Rana, Kumud Saklani , N. Gaurav (India)	
	Polymer Chemistry	
3	Aniline/o-Anisidine Copolymer MMT clay nanocomposites: Mechanochemical Synthesis and Characterization	31-38
	Kalaivasan Natarajan , Praveenraj Perumal (India)	
	Forest Science	
4.	Assessment of Species Wise and Girth Wise Trees Number of Trees Per Hectare and Volume (m³) Per Hectare in Mukundpur Forest Range of Satna, Forest Division, Madhya Pradesh	39-46
	Prachi Singh, P.K. Singh, Sherendra Sahu Anoop Singh, N. Gaurav, Neeta Singh (India)	
	Chemistry	
5.	EPOXIDE ASSISTED SOL-GEL SYNTHESIS OF MOLYBDENUM DOPED Ce ₂ SiO ₅ NIR REFLECTIVE YELLOW NANO PIGMENTS	47-52
	George Giable (India)	
	Chemistry	
6.	Different Food Additives and Their Uses	53-55
	Waghmare Bhagyashri Bhima (India)	
	Economics 6	
7.	Role of MSME Assistance in Economic Development of Backward areas of Uttar Pradesh-With Special Reference to Barabanki District	56-64
	Amit Trivedi, Niharika Verma (India)	
	Finance and Accountancy	
8.	Post- Consolidation and Banks' Profitability in Nigeria (2003-2016): Investigating the Nexus	65-71
	Tonye Ogiriki, Ph.D & Andabai Priye Werigbelegha, Ph.D (Nigeria)	
	Economics	
9.	Financial Deepening and the Nigerian Economy (1990-2016): A Causality Investigation	72-78
	Andabai Priye Werigbelegha (Nigeria)	

	Formania	
10.	An Economic Analysis of Mango Cultivation in Dindigul District, Tamil Nadu Dr. N. Saravanakumar (India)	79-82
	Business School	
11.	Consumer Attitude towards Security of Mobile Wallets in the City of Lucknow	83-89
	Dharmendra Pandey, Dr Rinki Verma, Dr. Nimish Gupta (India)	
	Management Sciences	
12.	Scope for Apartment Projects in Tire-II Cities Dr. Jelince Dhinakar Abraham, Umesh.C (India)	
	Commerce	
13.	Understanding Customer Experiences in Destination Building: A Demographic Analysis of Kashmir Tourism Development Corporation Customers	96-105
	Prof. Neetu Andotra, Dada Ab. Rouf Bhat (India)	
	English Literature	
	Integrating Retention-based Strategies for Teaching Vocabulary in the ESL	
14.	Classroom	106-111
	D. Loyola Innaci , D. Praveen Sam (India)	
	Tribes Education	
15.	A Study of Identity Crisis of the Tribes of North-East India Dr. Judy Grace Andrews (India)	
	Geography	
16.	Geographical Analysis of Pomegranate Orchids in Dhule District Prof. Dr. N. B. Bachhav (India)	
	Humanities	
17.	De-Notified Tribes in India &Their Problems Dr. Vijeta S. Singh (India)	122-125
	समाजशास्त्र	
18.	छत्तीसगढ़ राज्य के कोरबा जिले में आत्महत्या : सामाजिक चुनौती	126-132
	डॉ विमला सिंह (India)	
	Management Studies	
19.	Dimensions of Emotional Intelligence in Healthcare Sector – A Comparative	133-141
19.	Study of Public and Private Doctors	133-141
	Dr. Harpreet Singh, Sarupriya Gumber (India)	
	Marketing Management	
20.	Travelers' Perception on Cyber Bus Ticket Booking in Erode City Dr. S. Vishnuvarthani (India)	142-146
	Chemistry	
21	-	147 150
21.	Role of Environmental Chemistry in Human life (A review) Dr. Ansari Farzana Wahiduzzeman (India)	147-150

Different Food Additives and Their Uses

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Abstract

Nowadays packaged food and different beverages are consumed all over the world for their durability, thirst-quenching properties, nutritional value. With changing lifestyles and huge demands people now often prefer packaged food products over homemade products. The food has a limited shelf life in order to increase the shelf life and maintain or improve the safety, taste, texture, freshness, or appearance of certain preservatives and additives are used. The study represents the usages of different forms of additives in the packaged food industry to serve the consumer's needs.

Keywords: shelf life, packaged food, beverages, nutritional value, additives

Introduction:

Since prehistoric time additives have been added to food to perform special perform. Different food additives have been developed over time. Additives are added to ensure processed food remains safe and in good condition throughout its journey from factories to consumers. Food additives can be prepared /synthesized from plants, minerals or animals. There are several thousand food additives used all of which are designed in making food safer. Here I am mentioning the different types of food addictive with their uses.

1. Preservatives:

There are three types of Preservatives used in food;

a) Antimicrobial:

It is useful in increasing the self-life of food from preventing the growth of micro-organism.

E.x. E and INS numbers ranging from 200 to 290.

b) Antioxidant:

It is used to prevent lipid or vitamin oxidation in food products. It is used to prevent auto-oxidation and subsequent development of ranacidity and off-flavor.

E.x.INS-300-326 and E300-E326

c) Antibrowing agent:

It is a chemical used to prevent enzymatic and non-enzymatic browing in food.

E.x. Vitamin C, Citric Acid and Sodium Sulfite

2. Nutrional Additives:

These are added to food products to restore nutrients lost in food processing and to maintain the nutritive value of the food. These are added mainly in cereals and cereals product.

3. Flavouring agents:

These are added to food to improve aroma or taste. There are three main types of flaouring agents are used;

a) Sweetener:

Sucrose, glucose, fructose and lactose are used as a sweetener and also some low caloric and non-caloric sweeteners are used such as Saccharine and aspartame.

b) Natural and synthetic flavor:

These include flavoring substances/extracts/preparations, which give the food its taste and odor. Natural flavor are obtained from vegetables, bark, pices, fruits, buds, leaves, dairy products, meat, seafood, poultry, and etc. These substances are chemically purified from an aromatic source or synthesized and have the same chemical composition as natural products.

Artificial Flavouring Substances: Artificial flavours are simply chemical mixtures synthetic flavours rather than extracted from the natural sources.

Ex. Alcohols, esters, ketones, pyrazines, and phenolics

c) Flavor enhancer:

To modify or magnify the flavour of the food and do not contribute any flavour of their own. These flavor enhances are highly valued in the food products as these substances contribute significantly into cost reduction.

E.x Monosodium Glutamate

4. Coloring Agent:

It is used to improve the overall attractiveness of food products. Various natural and synthetic additives are used to color food.

Ex. Sodium nitrite is used as an antimicrobial and also to fix the colour of the meat.

5. Texturizing agent:

It is used to the overal texture or mouthfeel of the food products. Following are some additives in this category;

a) Emulsifier-

The main purpose of this for addition to food product to allow flavor and oils to be dispersed throughout the food products.

e.x. Natural substances such as lecithin, mono and diglycerides

b) Stabilizers-

It is used to provide desired texture in the products and to prevent evaporation of volatile flavour oil.

e.x. Carrageenan, natural and modified starches

c) Phosphate-

It is used to modify the texture of the food which contain starch and protein and mainly used in dairy and meat products.

d) Dough Conditioner-

It is used to simplify and expedite the bread-making process.

e.x. Sodium silico illuminate and steryl-2-Lactylate

6. Thickners:

It is used to increase viscosity. There are four types of thickners;

- a) Binder
- b) Bodying agent
- c) Texturizing agent
- d) Thicker

Conclusion:

As the demand of the readymade food products increases day by day as a result for maintaining quality of food product the use of natural /synthetic additives are also increases.

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