

Evaluation of Food Additives in Cereal and Cereal Products Candy and Chocolates for Children Available in Market

Foods and Nutrition

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Abstract

According to the World Health Organization (WHO) "Substances that are added to food to maintain or improve the safety, freshness, taste, texture, or appearance of food are known as food additives. A survey study was conducted with evaluation of food additives in cereal and cereal products, candy and chocolates product for children available in market. Children are among the biggest consumer of processed products. The research was started in January 2023 from the nutrition information on products for children. As well as products generally consumed by children, were organized in two categories (cereal and cereal products and candy and chocolates products). The number of additives present in cereal and cereal products are presented in different tables. 100 products were evaluated as children products. From which 58 products contained information on their labels and 42 candy and chocolate products contain information on their labels. The most additives used in cereal and cereal products are natural sweetener 16.24% and sugar 16.84% and additives used in candy and chocolates product was sugar 13.02% in this study that was found that some additives are not used in children products. Among all the categories of cereal and cereal products baby food contain 44.8%, Breakfast cereal contain 27.6%, Muesli contain 3.4%, among Oatmeal and porridge contain 12.1% and savory snacks 10.3%. Among all the categories of candy and chocolates products, chocolate contain 35.7%, chocolate powder contain 2.4%, candy contain 42.9%, chocolate bar 2.4% and among chocolate biscuits contain 4.8% candy chocolate contain 2.4%, chocolate candy contain 4.8% and among choco stick contain 2.4%, choco burst contain 2.4%. In conclusion the additives present in cereal and Cereal products contain are 36.19% and candy and chocolates products contain are 33.18%.

Keywords: Food Additives, Cereal and Cereal Products, Candy, Chocolates, Database.