

Assessment of Food Additives of Milk and Milk Products, Beverages for Children

Available in Market

Foods and Nutrition

By

Asha B. Makvana

Under the Guidance of

Dr. Hinal Patel, Asst. Professor, Department of Home Science

Children's University, Gandhinagar

Year: 2022-23

Abstract

Food additives need to be checked for potential harmful effects on human health before they can be used. Children suffer from adverse effects of food additives in both acute and chronic forms. Children are among the largest consumers of processed products and are more susceptible to these adverse effects in India, there are few data on exposure to food additives. Therefore, this study aims to expand the database of food additives present in products for children. The database was created from the nutritional information on products for children during February 2023 to March 2023, which can be found on the website of Supermarkets of India. The information contained on product labels was analyzed and products with some description or image directed at children as well as products commonly used by children were organized into 2 categories: Dairy and beverages. This database shows that 122 products contain at least one additive in their composition. It was also found that Maltodextrin 6.4% baby products contain 50.4% natural sweetener and 26.4% sugar, which are the most commonly used additives. Within the category of beverages all products contain between two and nine additives. Future studies evaluating the amount and estimated dietary intake of food additives used by Indian children could be conducted, as children are the largest consumers of processed products and food additives.

Keywords: Food Additives, Children, Database.