

ROLE OF ADVANCED TECHNOLOGIES IN SECURING NUTRITION IN FOOD

Manohar Balaraman

CSIR-Central Food Technological Research Institute, India

Nutrition plays an important role in one's diet. In modern era, market for ready-to-eat, ready-to-cook food products manufactured using technologies is increasing at an enormous growth rate in trend with consumer life style. But, there is a fear that as the number of unit operations increase in production line, the task of preservation of nutrients in finished products is a challenge to food engineers. Up to 70% in loss in nutrients happen during processing steps. Some of the advanced technologies play critical role in deciding quality aspects of processed foods. Molecular/short path distillation, supercritical fluid extraction, high pressure preservation, infra-red, microwave, pulsed electric field, spouted bed roasting, vacuum frying etc can have significant role in preserving the nutrients in foods. Impact of such newer technologies during food process operations on bioactives, vitamins, minerals, protein etc, shall be discussed.

manoharb@cftri.res.in