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SODIUM GLUTAMATE AS A CAUSE OF FOOD ADDICTION

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Relevance. Most buyers, choosing food products, pay their attention to the bright packaging only, without even thinking about the most important thing - the product composition. Manufacturers use a large number of food additives to give the desired taste, color, smell and consistency to the product. One of these additives is monosodium glutamate, also known as E621. It is widely used to improve the food taste and helps to increase appetite. Currently, there is a lot of debate about the safety of using this dietary supplement. There are some opinions that sodium glutamate prolonged use in food or in a large amount forms dependence. Many people are poorly informed about the monosodium glutamate effect on the body. Actually, there has been a tendency for children to use products containing monosodium glutamate recently.

Aim: to study the sodium glutamate effect on the human body and the dependence formation. To determine the people's awareness degree in this option.

Materials and methods. A special questionnaire was carried out to conduct the study. 168 people of different ages and genders took part in the survey, most of them were the Belarusian State Medical University students. The questionnaire assessed the given issue people's awareness and their attitude to the monosodium glutamate dietary supplement.

Results and discussion. 168 respondents participated in our research. Among them there were 135 women (80,4%), 33 men (19,6%), aging under 18 — 24 (14,3%), from 18 to 30 — 143 (85,1%), from 30 and above — 1(0,6%). The results showed that 8,4% had never heard about the sodium glutamate supplement, 45,2% had heard, but were not interested, 46,4% were sufficiently aware of that issue. 62,5% of the interviewed believed that sodium glutamate had a negative effect on the body, 32,7% were positive, 4,8% --- had no effect. Concerning the question of the dependence formation of using monosodium glutamate, the respondents were divided into two groups: 20,8% believed that monosodium glutamate was not addictive, 79,2% believed that monosodium glutamate might be the addiction cause.

Conclusions. Based on the survey results and the study of various sources information, we conclude that the monosodium glutamate(E621) dietary supplement is not dangerous to health in normal dosage consumption. However, the dependence is formed when using products containing monosodium glutamate for a long time. Consequently, we consider it is necessary to indicate the sodium glutamate content on the package. The sodium glutamate negative effect on the body is also an increase in appetite, which subsequently leads to obesity. Also, according to our research course, a large number of people have the erroneous opinion that sodium glutamate has no effect on the human body. It means that the healthcare system task should also include the population providing with the necessary information in this area.