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HARMFUL SUBSTANCES IN FOOD AND HOUSEHOLD CHEMICALS

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Everyone knows that food is a source of energy. However, except the necessary substances it may contain different chemical compounds which not only lack nutritional value but also pose a threat to the human body - harmful and toxic substances in food. Food additives (several hundred of them are known) are the simplest and cheapest way to give the product an attractive appearance and color, enhance flavor and extend its shelf life.

Previously, the names of these chemicals on food labels were written in full, but they took up so much space that in 1953, in Europe, it was decided to replace the full names of chemical food additives with digital single letter codes. Index E (from Europe) within the European Community is used to denote the presence in food of any nutritional supplements, identified according to the International Classification System (INS). This system divides supplements into groups according to the principle of action. The group is determined by the first digit following the letter E.

The relevance of the topic is that in today's world there is a tendency to the deterioration of the quality of food that has a great impact on human health.

Nowadays there are a growing number of people who are interested in the quality of products consumed, or "who look at the label."

But the majority of consumers often do not look at the composition of food products they purchase. The main priority in choosing a food, as a rule, is the price.

Food additives and preservatives are not only harmful but also may cause some types of cancer. Only by understanding the relationship of nutrition and development of cancer it is possible to change one's eating habits deliberately, learn to maintain and improve health through food.