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Short communication

Food Processing Techniques and Its Effects

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INTRODUCTION: Food processing can be distinct in many ways; one of them is 'conversion of the raw components into food, or of food into other methods is food processing'. Food processing is typically used to yield attractive, marketable and to growth the shelf-life of food products. The food products can be mostly be divided into dissimilar categories like solid food, liquid food, value added food, packed food.

OBJECTIVE: To discuss about techniques and effects of food processing

Solid food processing

Usage of Ultrasound is a well-known and generally used expertise in the food industry for dealing out the food this is used because of its High occurrence waves which can be used as a pre-treatment or for enlightening the main method. The behaviour of food with ultrasound also kills nearly the organisms like Francisella tularensis which origins tularaemia. Physical knowledges like cold gas plasma and periodic light-weight may be hopeful alternatives for dropping the microbiological risk linked to fresh manufacture and each technology have verified their potency for the fast inactivation of microorganisms on mixed surfaces. Microwave heating is developed for its operative safety and nutrient preservation capability with doubtful loss of heat-labile nutrients like B and C vitamins, eating inhibitor phenols and carotenoids. Microwave aeration at 450W rises the phenol extractable content from the peel of orange. There are few procedures which valour be used for process any kind of food like fruits, vegetables, dairy stock, meat, starch stock area unit air mass Expertise, this maintains the nutritionary abilities for extended time.

Liquid food processing

Activated Charcoal is most generally used for processing the liquid food supplies. This is used to eradicate the froths to a greater extent along with the other aspects like temperature, the thickness of the fluid etc. This charcoal is also used for de-colorization and distillation method. High hydraulics pressure may be liable to preserve nutritionary content and flavour of the drink. Purification is another technique that is hired to extend the equilibrium and stock period of time. Heat disarmed process helps in protective the capability of bifidobacterial. The integration of fructooligosacharides and internal discharge in several parts reckoning on the sort of food, whether or not it's a food, frozen dessert or yogurt it helps in up the usual of the stock alongside the period of time.

Preserved food

In order to preserve the freshness of the food many elements are used and some of them presence Potassium sorbate, sodium benzoate, calcium chloride, which avoids or inhibits the infective and fungal production and also helps in growing the shelf life when united with the other constraints like air filters, heat conduct and MAP (modified atmosphere packaging).

The normal source like Sugars, salt, acids, spices, etc. is used to preserve food. Some other

natural goods like unripe banana flour can be used for enlightening the oil content and hardy starch content in the snack objects like papad and Solar dryers or open-air drying can be used to shield the vitamins of the food which are meant for protective or for export. Hydrocolloid expands the stability, quality like water engagement capacity of certain foods like bread. Blanching and drying systems helps in recollecting most of the chemical elements and viscosity of the food.

CONCLUSION Different procedures and its research in food processing is capable and required by the fast moving world, but at the same time it should be think of that the traditional Skills like thermal processing (solar drying) and use of antimicrobials are effective in increasing the value of diet but they valor not be as effective at confirming the food safety and recollecting the food assets. So, there should be balanced blend of traditional systems and the industrial systems to revolutionize the food processing expertise such that food safety of the world in wide-ranging and society in actual can be continued without conciliation on the nutritive value.