

## Food and Nutrition

**Shabana Kouser Ali, Ph.D**

School of Bioscience, VIT University, Vellore, Tamilnadu, India.

*\*Corresponding author:* Shabana Kouser Ali, School of Biosciences and Technology, VIT University, Vellore, Tamilnadu, India.

*Received Date:* 10-01-2018

*Accepted Date:* 10-03-2018

*Published Date:* 10-05-2018

*Copyright:* © 2018 Shabana Kouser Ali

Food and Nutrition are the fuel for providing energy for our bodies. Nutrition is science that explains the interactions of nutrients and other substances in relation to maintenances, growth, health, reproduction and diseases. This topic includes food intake, absorption, biosynthesis, assimilation, catabolism and excretion.

Journal of Food and Nutrition Volume 4 Issue 1 published articles discussing Dietary Supplement Usage: Better Science Equals Better Outcomes [1], Eating Colors: A Scientifically based Perception of Food Colors [2], Sensory analysis of commercial ghee: A Comparative Study between a Homemade Ghee and Butter-Of-The-Land [3], and Peach Fruit as Allergen in Food: A Survey for Allergic Consumer Protection in Northern Italy [4].

Richard et al. [1]., presented a review article discussing usage of dietary supplements. In most industrialized countries the use of dietary supplements is widespread and current good manufacturing practices (cGMPs) are adhered. However, this does not guarantee's the effectiveness or safety of the sold products. However, many ingredients and products have little to support their use in concern to safety and efficacy data but few products have science to support inclusion of certain ingredients at a very low dosage. It is responsibility of companies to produce products with matched label claims for both ingredients and claimed health benefits. In this concern consumers have the respon-

sibility to ask correct questions regarding product purchase and their use. In the presented article author discussed the role of science in regard to the dietary supplement formulation and their use by consumers.

Ichiro Kasajima et al. [2]., reviewed topic of eating colors through food and their scientifically based perception. Author utilized a series of colorimetric functions and were able to measure, describe food and flower colors. Therefore, it's possible to predict the food colors under different spectra of incident lights. Novel principles indicating food colors are explained, this explained colorimetric phenomena. From this article it is clearly understood that every aspect of food color can be cooked and illuminate in a such away that optimizes our dishes with tasty appearances, further promoting food industry and enjoy eating.

Sousa et al. [3]., purpose is to analyze and compare commercial ghee with homemade ghee and butter of the land. On this account samples were tested in the laboratory of dietary technique and food analysis. Flavor, aroma, texture, color and global appearance parameters were evaluated. From the studies the butter of the land appeared to be highest AI i.e. 90%, followed by commercial ghee of 88% and home-made ghee of 86% suggesting good taste acceptance. Whereas, purchase intent, for commercial ghee and butter of the land is 79% when compared to homemade ghee 74%. Therefore, from this article it is concluded that

through the purchase intent research with the acceptability tests showed the three butters can be accepted in the market.

Food allergy are immune-mediated reactions towards foods. Daniela et al. [4], presented a survey study of peach fruit as allergen in food and allergic consumer protection in Northern Italy. Author utilized a real time PCR commercial test and analyzed the presence of undeclared peach fruit in food products. From tests the traces of peaches DNA were conformed. About 18% of food samples were contaminated by undeclared allergen and 2-3% various food samples contaminated by various kinds of food allergens. These results stress the significance of awareness among food business operators and allergic consumers in order to report cases of allergic reactions and risks involved in the contamination by various food products.

For more information: <https://jacobspublishers.com/december-2017-volume-4-issue-1-food-and-nutrition/>

Further, the Journal welcomes articles from all the fields related to Food and Nutrition.

#### Reference:

1. Richard J. Bloomer\*, Matthew Butawan. Dietary Supplement Usage: Better Science Equals Better Outcomes. JJ Food Nutri. 2017, 4(1).
2. Ichiro Kasajima\*, Rym Fekih. Eating Colors: A Scientifically based Perception of Food Colors. JJ Food Nutri. 2017, 4(1).
3. Sousa Jcs, Alves Dks, Serquiz Ac\*, Paiva Mf. SENSORY ANALYSIS OF COMMERCIAL GHEE: A Comparative Study between a Homemade Ghee and Butter-Of-The-Land. JJ Food Nutri. 2017, 4(1).
4. Daniela Manila Bianchi\*, Clara Ippolito, Silvia Gallina, Lucia Decastelli. Peach Fruit as Allergen in Food: A Survey for Allergic Consumer Protection in Northern Italy. JJ Food Nutri. 2017, 4(1).