

## BIOCOLOURANTS



### **FUTURE FOOD INGREDIENTS**

The consumers expect to see his/her food looking "natural appearance is appetizing and enticing too. Color of the food is not only 'label' flavor type, but it also provides information on quality and condition. In many food systems color act as an indicator of condition, particularly microbiological quality.

Food colors are categorized as artificial (colors that have been chemically synthesized) or natural. "Natural" color additives are generally considered color additives derived from plant or animal sources by extraction or other physical processing. Natural colors are always part of the diet.

### **BENEFITS OF ADDED COLOURINGS IN FOOD**

Apart from enhancing the culinary status of the food item colors are being used for:

- Improved appearance, flavor and enjoyment of food.
- Better information to the consumer of the characteristic of the food, particularly its flavor and conditions.
- Some indication for how to use and how long to store.
- Improved stability and reduced wastage in storage.



Nature colors have some limitations when compared to the artificial colors and need to be recognized and evaluated prior to use in a food formulation. The limitation may be

- Increased sensitivity to light, heat and pH
- Increased susceptibility to oxidation
- Decreased solubility
- Decreased tinctorial strength
- Natural colorants are high in cost as compared to synthetic one.

Before attempting to use the natural colors in a food formulation, the following point should be considered.

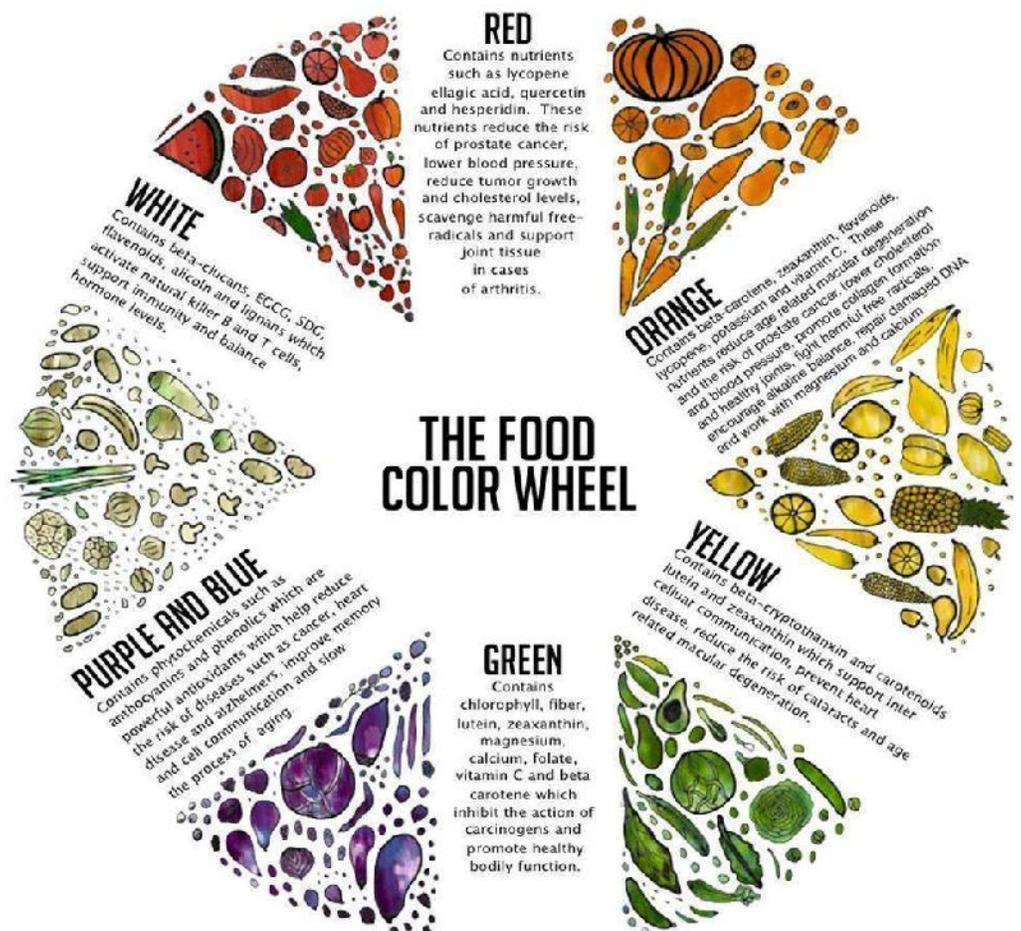
- The nature of food system to be colored
- If the food system has both water phase and oil phase in which phase color is desired.
- The process to be used in producing the food product.
- The package to be used for the food product.
- The storage condition to which the packaged product is to be subjected.
- The nature of the color to be used.

## SOURCES OF NATURAL COLORANTS

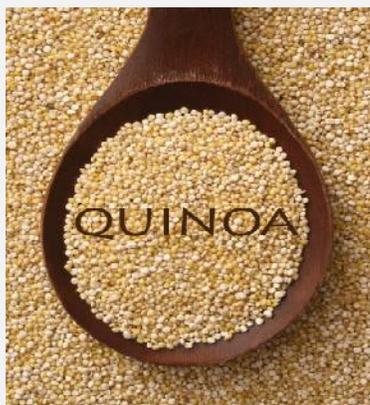
- Plant source
- Microbial sources
- Animal sources
- Other sources

## CONCLUSION

By using the safe, natural colors we can help to save our environment and conserve our bio-diversity. When colors containing harmful chemicals such as lead oxide, oxidized metals, industrial dyes and other toxic chemicals get in to river water they cause water and soil pollution risking the lives myriad life forms through the food chain.



## Fast Facts



- **Chia** seeds contain 24% protein, are packed with fibre and contain all the essential amino acids your body needs, making them a complete protein source and all around superfood.
- **Floral flavors** – Rose water is rich in flavonoids, anti-oxidants, tannins and essential vitamins like A, C, D, E and B3. A simple yet delicious drink can be made by mixing rose water syrup in a cup of cold creamy milk. Also can be used as dairy based dishes such as rich pudding and it is a key ingredient in sweet lassi – a drink made from yoghurt, sugar and fruit juice.
- **Enjoy the sunshine** – press your thumb against your breastbone. If it feels tender or hurts, you may have a vitamin d deficiency. There are dietary sources for it, but 90% of our vitamin D comes from sunlight.
- **Quinoa** – (Pronounced KEEN-wa) isn't just any pseudo-cereal. It is rich in iron, Magnesium and Manganese; it has all the essential amino acids in the right proportion.

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