

Food Technology

If you think about it, you realize that our early ancestors ate foods that were grown directly from a relatively unpolluted Earth. Wild foods were gathered and hunters brought home natural, grass-fed wild game.

As times have evolved, so have techniques for food processing and preservation such as; pickling, salting, smoking, canning and freezing. These techniques were developed to deal with new problems of storage, waste and food-borne illnesses.

Because of the advanced technology of today, our modern food industry relies more and more on processing and additives. We seem to demand “fast food” whether we prepare it at home or have it out.

The food industry continues to create new chemicals to manipulate, preserve and transform our food. Scientists are able to mimic natural flavors, color foods to make them “look” more natural or “fresh”, preserve foods for longer and longer periods and create altered versions of foods. There are even foods made entirely of chemicals such as non-dairy coffee creamers, whipped cream, sugar substitutes and some candies. Such manipulation can have a profound effect on our body’s unique biochemical balance.

The food industry provides five main reasons for why chemicals must be added to our foods:

1. To improve shelf-life
2. To make food convenient and easy to prepare
3. To increase the nutritional value
4. To improve flavor
5. To enhance appeal and presentation for consumer acceptance

In the next few articles, we will discuss each of these reasons in more detail. In the meantime, just remember that the majority of these chemicals are toxins to our body’s unique biochemical balance.