

Food Additives and their Role in Addiction

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Commentary

Over the most recent couple of years, the idea of food dependence or food addiction has kept on acquiring fame; various studies have shown and proved the differential impacts of food sources that are high in fat, sugar, or protein on craving, satiety, eating conduct, and the advancement of food enslavement. Nonetheless, various investigations have questioned the event of food dependence in people. Various questions have emerged with respect to the potential effects that food added substances might have on the advancement of food dependence or dietary issues. Food additives are substances or preservatives which are added to processed or canned foods. These help in enhancing the taste, appearance, or flavours. These additives are of various kinds say, normal preservatives, nutritional preservatives, flavouring or colouring agents, texture enhancers, and others which are categorized into miscellaneous additives. Food adulteration is an act where the quality of food is debased intentionally for financial gain or to earn a good profit. An adulterant is different from approved food preservatives.

Any unnatural, processed or packaged food may cause addiction due to the addition of these additives or chemicals to enhance the taste, shelf life, etc. of that particular food product. Every food product is unique and varies from the other with respect to its flavour, aroma, taste, texture, etc. These categories may vary from brand to brand and from region to region. These processed foods have minute quantities of addictive substances which trigger the activity of the brain and lead to dependence on the substance. This is the major reason behind people are getting addicted to foods especially junk foods and this mechanism is called substance dependence. It is proven that changes in food creation and the presence of food added substances (flavour enhancers, sugars, sugar substitutes, and non-nutritive sugars) are factors by which there is a large impact on the tactile view of food.

Food items these days have unique flavours, tastes, and aromas which create a special interest in all age groups. Especially in kids as they are

more palatable for chocolates, candies, cakes, ice creams, etc. These food substances have higher quantities of carbohydrates, fats, salts, sugars, and artificial sweeteners which give utmost pleasure when consumed. These food substances have the ability to trigger signals to feel good or happy and simultaneously increase the levels of certain neuropeptides and neurotransmitters (hormones like histamine, serotonin, etc.) in the advancement of food enslavement in the human body. So whenever they come across these food items or have a chance to consume them will not take a back step and eat.

One such food addiction, we come across in our daily lifestyle is caffeine. Caffeine has its pros and cons when consumed in different forms. It is generally present in chocolates, coffees, cold beverages, and at different concentrations in alcoholic beverages too. Caffeine when consumed at normal ranges it reduces stress and relieves from minor depressions but on the other hand, it leads to major health issues like weight gain, diabetes, heart attacks, insomnia, etc. It becomes addictive from the first usage itself as it is consumed by people in various food items in our day to day life. There isn't adequate logical proof to think about any food fixing, micronutrient, or standard food added substance as habit forming. The potential impacts that flavour enhancers, sugars, sugar substitutes, and non-nutritive sugars might apply on central neurotransmission, synapse/receptor cooperation's, craving, satiety, moulded inclinations, and the brain reward system framework are additionally featured.

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