

## NUTRITIONAL SUPPLEMENTS (ХАРЧОВІ ДОБАВКИ)

**Глазунова Я.О., гр. ХТ-10**

Наукові керівники: канд. філол. наук, доц. **І.В. Удовенко**,  
ст. викл. **Л.А. Подворна**  
Харківський державний університет харчування та торгівлі

*Традиційні харчові технології та методи кулінарної обробки харчових продуктів, що формувалися протягом багатьох років, перевірені часом і з цієї причини є відносно безпечними. На відміну від традиційних, більшість сучасних харчових технологій мають зовсім іншу мету – створити комерційний продукт із мінімальними витратами.*

It should be noted that many traditional food technologies and methods of culinary processing of food products, which have been formed over many decades and hundreds of years, are time-tested and for this reason are relatively safe. In contrast to traditional, most modern food technologies have a completely different goal – to create a commercial product with minimal costs. Currently, the food industry widely uses «food additives and excipients» such as preservatives, antioxidants, emulsifiers, defoaming agents, leavening agents, coloring agents, flavoring agents, etc. They are included in many food products with purely technological purposes of production (leavening agents, defoaming agents, emulsifiers, stabilizers), to improve the consumer properties of the product (dyes, fragrances), to increase the shelf life (preservatives, antioxidants). At the same time, quality and safety issues are probably related only to the use of preservatives, as this coincides with the commercial objectives of increasing the shelf life of the product.

It should be noted that some of the food additives, such as vitamin E and vitamin C (antioxidants); chlorophyll (food coloring); pectin and cellulose (fillers); bromelain and papain (enzymes) are natural metabolites, are part of natural products, harmless and safe. At the same time, many food additives are the products of chemical synthesis, and for the body they are foreign substances – xenobiotics. But the most important thing in the problem of food additives is that no adequate and safe level of human consumption has been developed. They only regulate the content of food additives in certain foods, but at the same time no one considers how many food additives are harmless and safe, or how many food additives can be consumed by the human body.