

# ANTIOXIDANTS.

What are Antioxidants and why they are used in foods? Write a short note on Synthetic and Natural Antioxidants.

## Antioxidants:

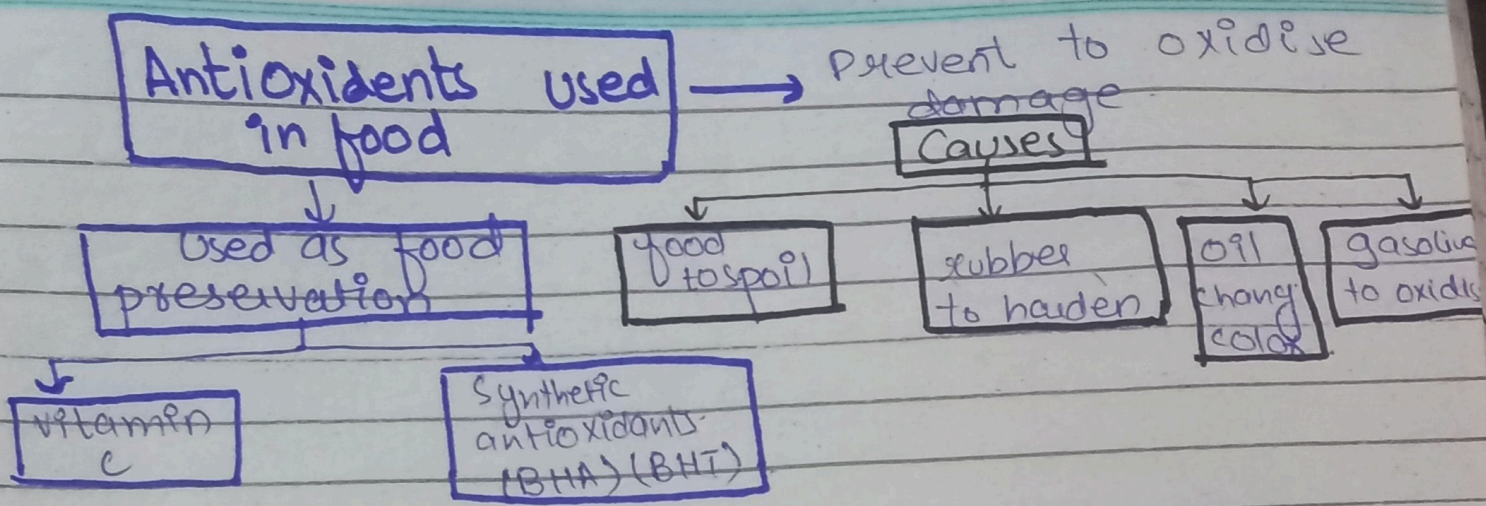
Antioxidants is a type of molecules that neutralises the harmful compound called Free radicals. damaged the living organism cells spoil foods and degrade materials like rubber, gasoline and lubricating oil. Antioxidants take part form of Enzymes in body, vitamins Supplements and industrial additives. Antioxidants are found in many fruits, vegetables and as well as dietary supplements.

## Examples of Antioxidants.

- ↳ Vitamin A
- ↳ Vitamin C
- ↳ Vitamin E
- ↳ Beta-carotene

## Why they are used in foods?

Antioxidants are used in foods because they slow and prevent the oxidative damage that causes food to spoil, rubber to harden and oil to change colors or go rancid, and gasoline to oxidise. Foods that are commonly preserved in oxidants are bread, cheese. Antioxidants used as food preservatives are Vitamin C and synthetic oxidants.



## SYNTHETIC ANTIOXIDANTS

Synthetic Antioxidants synthesised by Artificial combination of chemical reactions in the laboratory. or substances

Usage: They are widely used as preservatives or additives to prevent rancidification of food owing to their high performance and wide availability

- Examples:
- Butylated hydroxytoluene (BHT)
  - Butylated hydroxyanisole (BHA)

## NATURAL ANTIOXIDANTS

Natural Antioxidants widely distributed in food and medical plants. especially polyphenols and carotenoids. exhibits a wide range of biological effects.

Example: Anti aging, Anti Cancer