

FOOD HANDBOOK



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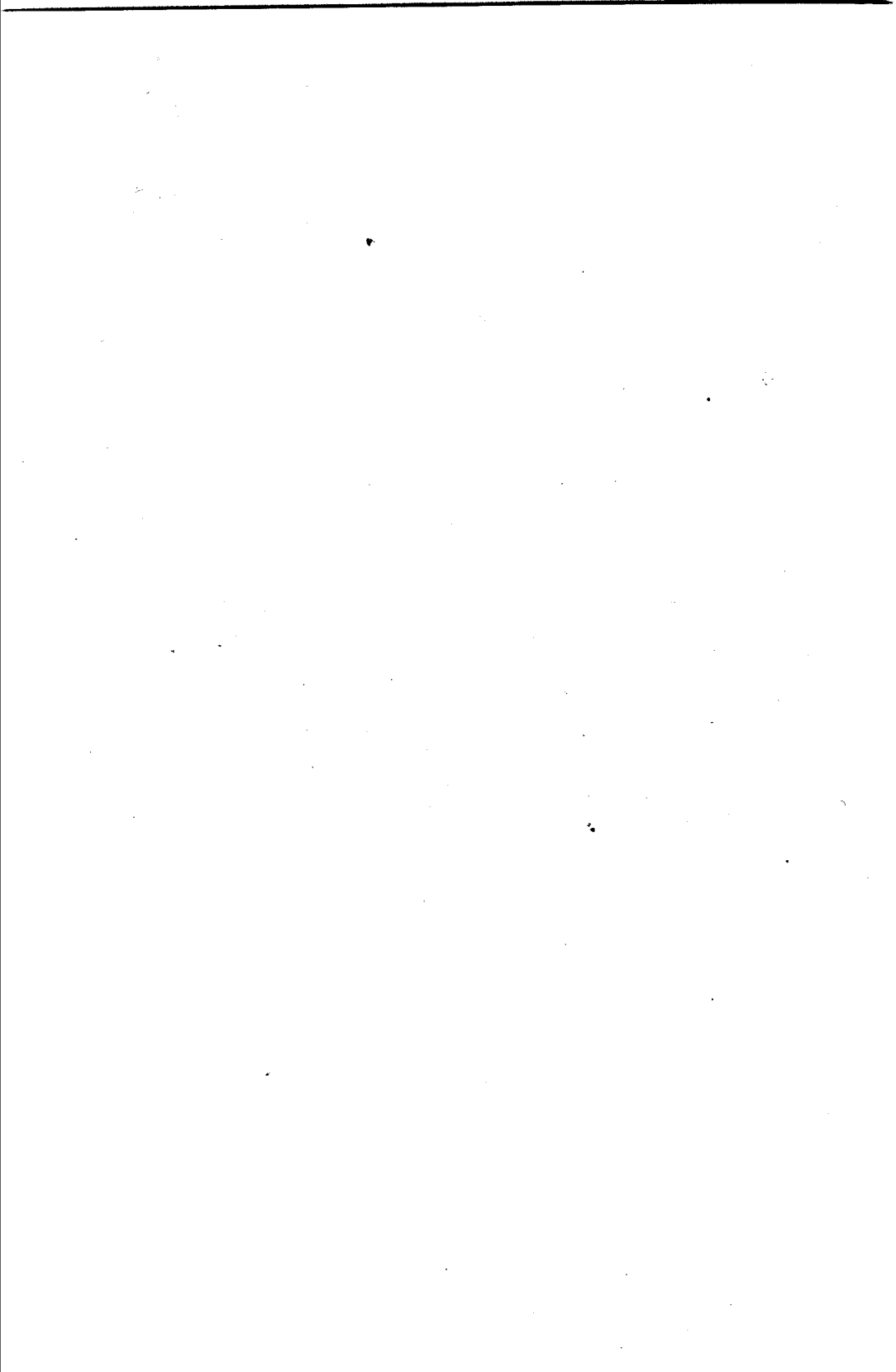
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Preface

This textbook is intended for students of dietetics and applied home economics, for use in teacher training, higher hotel schools and for students of human nutrition in agricultural departments of universities. Students and others with a professional or personal interest who want to know more about foodstuffs and related products can also use it as a reference work.

The first four chapters give a general introduction and deal with, in this order, production, distribution and legislation (Chapter 1), potential forms of quality deterioration and spoilage (Chapter 2), methods of preservation (Chapter 3), and the presence of additives and contaminants in foodstuffs (Chapter 4). The main part of the book (see the scheme on page 11) describes the various product groups and, group by group, deals with technology, composition, potential use and storage advice. Where appropriate, a description of typical and special products follows, including those that are not essential dietary items.

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Mrs S. H. van Oosten-van der Neut, lecturer at the Haagse Hogeschool voor Beroepsonderwijs, in the field of Nutrition and Dietetics, has commented on an earlier version of this text. Her accuracy was a stimulus for us. Sary, we thank you for this.

Finally we think it of importance to mention that we both have contributed equally to the completion of this book. Consequently the authors' names are given in alphabetical order.

Nijmegen, 1987

Carla Catsberg
Gerda Kempen-van Dommelen

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Vereniging van Nederlandse Reformhuizen, Ede: Fig. 1.6.

Voorlichtingsbureau voor de Voeding, 's-Gravenhage: Figs 10.1 and 23.1.

Centrum voor Champignonteeltonderwijs, Horst: Fig. 22.1.

1

Production, distribution and legislation

1.1 INTRODUCTION

Until recently, the assortment of available foodstuffs was reasonably limited. For products like coffee or margarine, only a few brands were known. Now, tens of brands of coffee or margarine are to be found on the shelves of any supermarket. What are the reasons for the enormous growth in the foodstuff market?

- The developments in food technology play a large part: new products, such as margarine or whipped cream, are made, while other existing products are treated or processed in many new ways, for instance coffee can be decaffeinated or freeze-dried.
- Increasing affluence is also a reason for the foodstuff explosion: people are able, for instance, to spend money on more expensive or luxury items such as pastries, snacks, drinks and prepared products.
- Increased travel is also a factor: many exotic products are now available, introduced, for example, by foreign workers, or because people have become acquainted with foreign products and eating habits while holidaying abroad.
- The extension and improvement of transport and cooling systems have contributed to the enlargement of the assortment of foodstuffs, particularly with regard to the import of fresh vegetables and fruit from tropical or subtropical countries.
- As a result of a reaction against excessive consumption and with the subsequent trend to more simple eating and the use of products in their original form, wholefood and natural products have become more popular.
- The fear of the “illnesses of affluence” such as cancer and heart and circulatory illnesses, and also the fear of additives, such as colour and preservatives are the reasons for the appearance of products rich in linoleic acid for instance, and products with reduced levels of, or free from, additives.