

**NUTRITIONAL EVALUATION
OF FOOD PROCESSING**
THIRD EDITION

NUTRITIONAL EVALUATION OF FOOD PROCESSING

Third Edition

Edited by

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An **avi** Book

Published by Van Nostrand Reinhold Company

New York

*Dedicated to the memory of
Robert Samuel Harris*

An AVI Book

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Library of Congress Catalog Card Number 87-29588

ISBN 0-442-24762-1

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Printed in the United States of America

Van Nostrand Reinhold Company Inc.
115 Fifth Avenue
New York, New York 10003

Van Nostrand Reinhold Company Limited
Molly Millars Lane
Wokingham, Berkshire RG11 2PY, England

Van Nostrand Reinhold
480 La Trobe Street
Melbourne, Victoria 3000, Australia

Macmillan of Canada
Division of Canada Publishing Corporation
164 Commander Boulevard
Agincoourt, Ontario M1S 3C7, Canada

16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Library of Congress Cataloging-in-Publication Data

Nutritional evaluation of food processing.

"An AVI book."

Includes bibliographies and index.

1. Food—Analysis. 2. Food industry and trade.

I. Karmas, Endel. II. Harris, Robert Samuel.

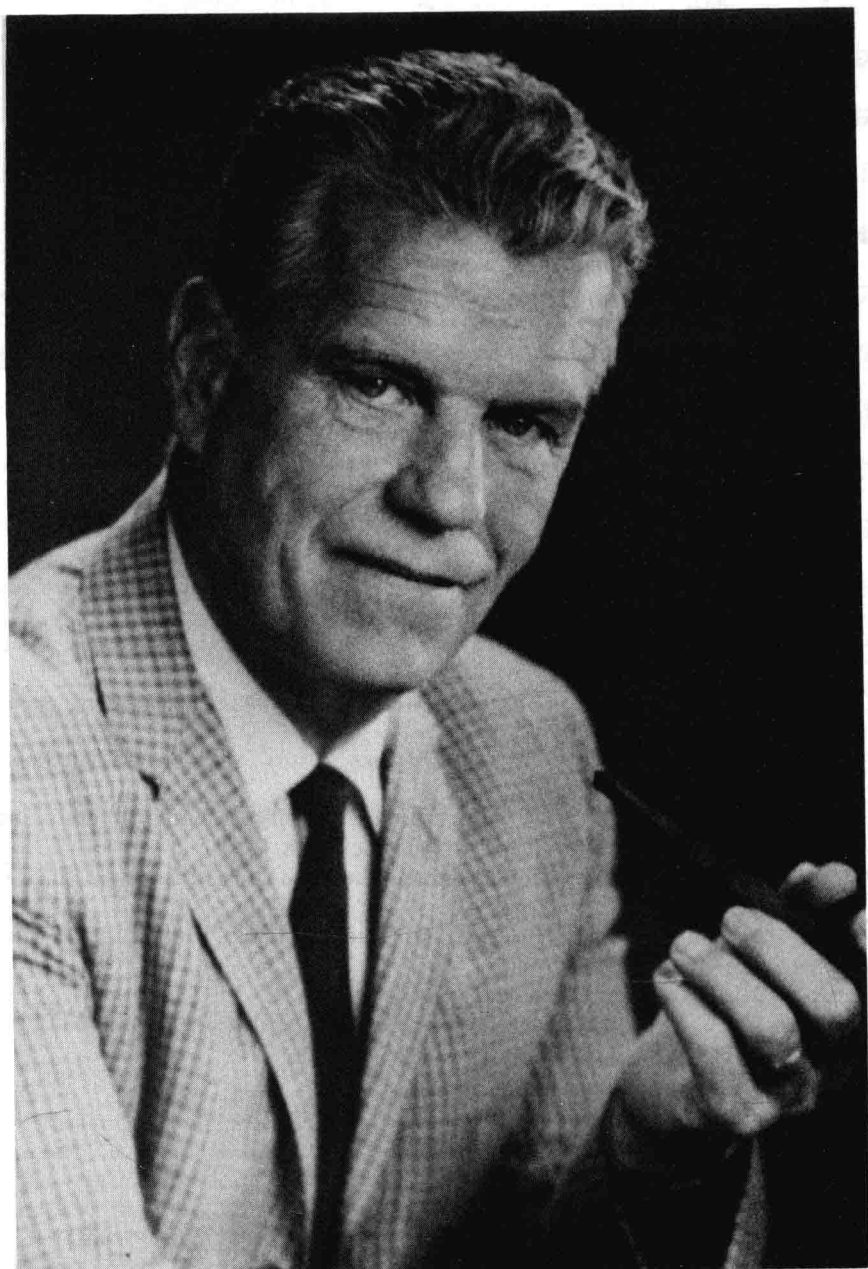
TP372.5.N873 1987 664 87-29588

ISBN 0-442-24762-1

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Robert Samuel Harris
May 10, 1904–December 24, 1983

Preface

Dramatic changes in the attitudes toward human nutrition have taken place during the past decade. Food-related and medical professionals as well as consumers are now, more than ever before, aware of and concerned about diet, nutrition, and the beneficial and deleterious effects of food processing upon nutrients. The old saying "We are what we eat" is still relevant. Nutritious food will contribute greatly to consumers' good health and ultimately reduce medical bills.

Food processing is essential to maintaining our food reserves from one harvest to another, thus letting us serve our daily meals regularly. If food processing is defined as including all treatments of foodstuffs from harvest to consumption, then more than 95% of our food may be considered as processed. In most cases, food processing and storage cause some reduction in the nutritional value of foods. Advances in food science and food technology have resulted in an increase in nutrient retention after processing. In addition, today's consumer better understands how to avoid excessive nutrient losses during food preparation.

The information presented in this completely revised reference and textbook will help the reader to understand better the relationship between food processing and nutrient retention. The authors' scholarly contributions are greatly appreciated.

With the publication of the first edition of *Nutritional Evaluation of Food Processing*, Dr. Harris was the very first scientist in the world who compiled, systematized, and presented data on the effects of food processing on the nutrient composition of foods. I must state with deep sorrow that Dr. Harris passed away while the third edition was in preparation.

I remember the first time I met Dr. Harris. He invited me to collaborate on the second edition. At first I was reluctant to accept his invitation and suggested several names of renowned nutritionists, who, in my opinion, were much more qualified for the task. Dr. Harris replied, "I am a nutritionist! I need a food technologist, who already has experience in publishing books, to help me!" I accepted his invitation, and from that moment on, a close collaboration and friendship developed between us. The second edition and the present edition, the third, are the two last additions to Dr. Harris's nearly 300 scientific publications.

Perhaps one of the saddest moments in Dr. Harris's life occurred when he had to tell me that his illness prevented him from further helping me with this edition. At this tragic point, his battle with an incurable disease had already progressed too far. I will always remember, with great gratitude, my association with Dr. Harris who was a competent and distinguished scientist, a compassionate and generous man, and a committed and true friend!

ENDEL KARMAS

Contents

Contributors	x
Preface	xiii
 Part 1	
INTRODUCTION	1
 1 General Discussion on the Stability of Nutrients	3
ROBERT S. HARRIS	
 2 The Major Food Groups, Their Nutrient Content, and Principles of Food Processing	7
ENDEL KARMAS	
The Major Food Groups and Their Nutrient Content	7
The Principles of Food Processing	15
References	18
 Part 2	
NUTRIENTS IN FOOD—RAW AND PROCESSED	21
 3 Effects of Agricultural Practices, Handling, Processing, and Storage on Vegetables	23
D. K. SALUNKHE and B. B. DESAI	
Major Chemical Components of Vegetables and Their Nutritional Significance	23
Effects of Agricultural Practices on Nutritional Composition of Vegetables	32
Effects of Harvesting, Handling, and Storage on Nutritional Composition of Vegetables	53
References	66
 4 Effects of Agricultural Practices, Handling, Processing, and Storage on Fruits	73
STEVEN NAGY and WILFRED F. WARDOWSKI	
Agricultural Practices	74
Harvesting and Handling	83
Holding and Storage Conditions	86
References	92

5	Effects of Agricultural Practices, Handling, Processing, and Storage on Cereals	101
	Y. VICTOR WU and GEORGE E. INGLETT	
	Cereal Composition	101
	Wheat	101
	Corn	105
	Rice	108
	Oats	110
	Barley	113
	Sorghum	114
	Triticale	115
	References	116
6	Effects of Agricultural Practices, Handling, Processing, and Storage on Legumes and Oilseeds	119
	WALTER J. WOLF	
	Edible Legumes	119
	Oilseeds	129
	References	147
7	Effects of Agricultural Practices, Handling, Processing, and Storage on Meat	153
	H. W. OCKERMAN	
	World Meat Dietary Patterns	153
	Overview of Nutrients in Meat Products	155
	Genetics	165
	Influence of Age, Season, Sex, Type, and Grade	165
	Level of Nutrition	174
	Fat in the Diet	175
	Vitamins	175
	Minerals	175
	Hormones	177
	Antibiotics	177
	Insecticides	178
	Slaughter and Processing	179
	Salting and Curing	180
	Storage	181
	Meeting Nutritional Needs	188
	Bioavailability	190
	The Relationship of Meat to Health Problems	191
	Processing of Meat	197
	Summary	197
	References	197
8	Effects of Agricultural Practices on Milk and Dairy Products	203
	EDMUND RENNER	
	Milk Fat Composition	203
	Milk Protein	205
	Minerals and Trace Elements in Milk	207
	Vitamins in Milk	208
	Effect of Processing and Storage	209
	References	220

9 Effects of Agricultural Practices on Poultry and Eggs	225
GLENN W. FRONING	
Poultry Meat	225
Effect of Production Factors	225
Effect of Processing and Storage	229
Effect of Management Systems	230
Composition of Mechanically Deboned Poultry Meat	231
Effect of Cooking	232
Eggs	233
Effect of Production Factors	235
Effect of Processing and Storage	239
Effect of Cooking	240
References	241
10 Effects of Handling, Processing, and Storage on Fish and Shellfish	245
JUDITH KRZYNOWEK	
Baseline Information	245
Harvesting and Handling of Fresh Seafood	253
Preservation Techniques	256
References	261
 Part 3	
EFFECTS OF COMMERCIAL PROCESSING AND STORAGE ON NUTRIENTS	267
11 Effects of Freeze Preservation on Nutrients	269
OWEN FENNEMA	
Vegetables	271
Fruits	287
Animal Tissues	293
Dairy Products and Margarine	305
Miscellaneous Observations	306
Discussion	307
References	310
12 Effects of Heat Processing on Nutrients	319
DARYL LUND	
Definition of Blanching, Pasteurization, and Sterilization	320
General Reviews on the Effects of Processing on Nutrients	321
Effect of Heat on Nutrients	321
Optimization of Thermal Processes for Nutrient Retention	330
Effect of Blanching Methods on Nutrients	334
Storage of Blanched Foods	338
Effect of Pasteurization Methods on Nutrients	339
Storage of Pasteurized Foods	341
Effect of Commercial Sterilization Methods on Nutrients	341
Storage of Commercially Sterile Foods	343
Summary	347
References	349

13 Effects of Baking on Nutrients	355
GUR S. RANHOTRA and M. ANN BOCK	
Protein and Amino Acids	355
Vitamins	356
Minerals	360
Fats and Carbohydrates	363
Conclusions	363
References	363
14 Effects of Extrusion Processing on Nutrients	365
JUDSON M. HARPER	
Introduction	365
Extrusion Processing	365
Processing Conditions	367
Starch Digestibility	368
Blended Foods	371
Dietary Fiber	379
Extruded Whole Bean Flour	380
Vitamin Stability	383
Amino Acid Loss	385
Textured Protein	387
References	388
15 Effects of Moisture Removal on Nutrients	393
PETER M. BLUESTEIN and THEODORE P. LABUZA	
Chemical Kinetics and Moisture Removal	394
Concentration	398
Dehydration	401
Nutrient Losses	406
Conclusion	419
References	419
16 Effects of Fermentation on the Nutritional Properties of Food	423
ROGER F. McFEETERS	
Characterization of Nutrient Changes in Fermented Foods	423
Effect of Fermentation on the Energy Content of Food	424
Lactic Acid Isomers in Food Fermentations	426
Effects of Fermentation on Protein Content, Quality, and Availability	427
Effects of Fermentation on Changes in Vitamins	431
Removal of Phytic Acid by Fermentation	441
Outlook	442
References	443
17 Effects of Treatment with Food Additives on Nutrients	447
WINIFRED M. CORT	
Additives Detrimental to Nutrients	447
Additives Beneficial to Nutrients	451
References	454

18 Use of Ionizing Radiation to Preserve Food	457
MIRIAM H. THOMAS	
Introduction	457
Types of Radiation	458
Hazards	458
Packaging	460
Carbohydrates	462
Lipids	466
Proteins	468
Vitamins	472
Conclusions	483
Glossary of Some Basic Terms and Concepts	483
Acknowledgment	484
References	484
19 Stability of Nutrients during Storage of Processed Foods	491
SEYMOUR G. GILBERT	
Historical Basis of Stabilization of Foods by Packaging	491
Scientific Basis of Nutrient Retention in Packaged Foods	491
Packaging Materials	493
Effects of Storage Conditions on Nutrient Content	497
References	501
 Part 4	
EFFECTS OF PREPARATION AND SERVICE OF FOOD ON NUTRIENTS	503
20 Effects of Food Preparation Procedures in Nutrient Retention with Emphasis on Foodservice Practices	505
PAUL A. LACHANCE and MICHELE C. FISHER	
Introduction	505
Garden Fresh versus Market Fresh	507
Losses during Cooking	509
Summary	550
References	551
21 Effects of Home Food Preparation Practices on Nutrient Content of Foods	557
CATHERINE E. ADAMS and JOHN W. ERDMAN, JR.	
Changing Food Habits	557
Storage	559
Losses Due to Preparation Procedures	574
Effects of Cooking	575
Conclusion	595
References	595

Part 5

NUTRIFICATION, LEGAL ASPECTS, AND
NUTRIENT ANALYSIS

607

22 Addition of Vitamins, Minerals, and Amino Acids to Foods

609

BENJAMIN BORENSTEIN and HOWARD T. GORDON

Stability	609
Bioavailability	614
Technology of Addition	615
Minerals	621
Amino Acids	623
References	624

23 Protein Complementation of Foods

627

RICARDO BRESSANI

Introduction	627
Protein Quality Improvement	628
Mixtures of Proteins Giving Maximum Protein Quality	638
Amino Acid Patterns Resulting from Optimum Protein Quality Mixtures	648
Applications	650
References	653

24 Improving the Nutritional Quality of Vegetables
through Plant Breeding

659

H. C. BITTENBENDER and JOHN F. KELLY

Common Bean: <i>Phaseolus vulgaris</i>	660
Pea: <i>Pisum sativum</i>	662
Broad Bean: <i>Vicia faba</i>	663
Cowpea and Yardlong Bean: <i>Vigna unguiculata</i> spp. <i>unguiculata</i> and <i>V. unguiculata</i> ssp. <i>sesquipedalis</i>	665
Mung Bean and Black Gram: <i>Vigna radiata</i> and <i>V. mungo</i>	665
Lupines: <i>Lupinus albus</i> , <i>L. angustifolius</i> , <i>L. luteus</i> , and <i>L. mutabilis</i>	666
Pigeon Pea: <i>Cajanus cajan</i>	666
Chickpea: <i>Cicer arietinum</i>	666
Hyacinth Bean: <i>Dolichos lablab</i>	667
Winged Bean: <i>Psophocarpus tetragonolobus</i>	667
Tomato: <i>Lycopersicon esculentum</i>	667
Cucumber and Bitter Gourd: <i>Cucumis sativa</i> and <i>Momordica charantia</i>	668
Chili: <i>Capsicum annum</i>	669
Lettuce: <i>Lactuca sativa</i>	669
Spinach and Indian Chard: <i>Spinacia sativa</i> and <i>Beta vulgaris</i> var. <i>bengalensis</i>	669
Celery and Parsley: <i>Apium graveolens</i> and <i>Petroselinum hortense</i>	669
Celosia: <i>Celosia argentea</i>	670
Brassica spp.	670
Turnip and Rutabaga: <i>Brassica rapa</i> and <i>B. napus</i>	671
Chinese Cabbage: <i>Brassica rapa</i> or <i>campestris</i> (<i>chinensis</i> and <i>pekinensis</i> Groups)	671

Oilseed Rape and Mustard: <i>Brassica napus</i> and <i>B. campestris</i> or <i>rapa</i>	672
Potato: <i>Solanum tuberosum</i>	672
Sweet Potato: <i>Ipomoea batatas</i>	674
Cassava: <i>Manihot esculenta</i>	675
Carrot: <i>Daucus carota</i>	675
Assessing Breeding Priorities	676
References	679
25 The Role of the United States Government in Regulating the Nutritional Value of the Food Supply	687
VICTOR P. FRATTALI, JOHN E. VANDERVEEN, and ALLAN L. FORBES	
History	687
Food Standards Amendments	689
The Food Additives Amendment	690
Vitamin and Mineral Supplements Amendment	691
The Infant Formula Act	692
Relationship of the FFD&C Act to the Nutritional Quality of Foods	695
References	704
26 The Contribution of Consumption of Processed Food to Nutrient Intake Status in the United States	707
JOHN P. HEYBACH, GUS D. COCCODRILLI, JR., and GILBERT A. LEVEILLE	
Food Processing, Nutrient Intake, and Health Status	707
Population Nutrient Intake Status	709
Summary and Conclusions	717
References	717
27 Methodology for Nutrient Analysis	719
JESSE F. GREGORY III	
Vitamin Assay Methods	720
Biological Activity and Bioavailability	729
Summary	735
References	736
28 Nutrient Data Banks for Nutrient Evaluation in Foods	745
LENA BERGSTRÖM	
Users of Food Composition Data	745
Nutrient Data Base Systems	746
Designs of a Nutrient Data Base System	747
Nutrition Evaluation	748
References	763
Index	765

Part 1

Introduction

General Discussion on the Stability of Nutrients

Robert S. Harris

Nutrients are destroyed when foods are processed largely because they are sensitive to the pH of the solvent, to oxygen, light and heat, or combinations of these. Trace elements, especially copper and iron, and enzymes may catalyze these effects.

The relative stabilities of the vitamins and amino acids under these various conditions are tabulated in Table 1.1. Vitamin A is stable under an inert atmosphere, but rapidly loses activity when heated in the presence of oxygen, especially at higher temperatures. It is completely destroyed when oxidized or dehydrogenated. It is more sensitive to ultraviolet light than to other wavelengths of light.

Ascorbic acid is fairly stable in acid solution and decomposes in light. This decomposition is greatly accelerated by the presence of alkalies, oxygen, copper, and iron.

A 50% loss in biotin occurs when it is boiled for 6 hr in 30% hydrochloric acid or for 17 hr in 1 *N* potassium hydroxide, yet it is relatively stable in air and oxygen or when exposed to ultraviolet light. It is inactivated by agents which oxidize the sulfur atom, and by strong acids and alkalies.

Essential fatty acids isomerize when heated in alkali and are sensitive to light, temperature, and oxygen. When oxidized, they become inactive biologically and may even be toxic.

The stability of vitamin D is influenced by the solvent in which it is dissolved, but it is stable when crystals are stored in amber glass bottles. Generally, it is stable to heat, acids, and oxygen. It is slowly destroyed in foods and feeds which are slightly alkaline, especially in the presence of air and light.

The folic acid group is stable during boiling at pH 8 for 30 min, yet large losses occur during autoclaving in acids and alkalies. This destruction is accelerated by oxygen and light.

Inositol is stable during refluxing in strong hydrochloric acid or potassium hydroxide. It occurs in plants mainly in the form of phytic acid salts and as plant and animal phosphoinositides. These complexes are broken down by phosphatases and similar enzymes. The free inositol has the highest biological value.