

(PREVIEW)

IS : 7799 – 1975

Indian Standard

**CODE FOR PRESERVATION OF
VITAMINS IN FOODSTUFFS**

1. SCOPE

1.1 This standard prescribes conditions and practices of handling, transport, processing, packaging and storage of foodstuffs for preservation of vitamins contained or inherently present in them.

FOREWORD

0.1 This Indian Standard was adopted by the Indian Standards Institution on 30 September 1975, after the draft finalized by the Food Hygiene, Sampling and Analysis Sectional Committee had been approved by the Agricultural and Food Products Division Council.

0.2 Vitamins are organic compounds present in small amounts in natural foodstuffs and are essential for health. They are broadly classified into two groups, namely, fat soluble and water soluble. Vitamins A, D, E and K are fat soluble while the vitamins B complex and C are water soluble. These vitamins are affected by the various processes to which foodstuffs are subjected from the time of harvesting until they are consumed. Loss of vitamins during handling, transport and processing is generally a result of their sensitivity to oxygen, light, heat and the pH of the medium during processing. Any method of preparation that disturbs the natural cell organization, such as peeling, chopping, cutting, etc, tends to increase the losses. Presence of some of the trace elements like iron and copper may also catalyse the loss of vitamins.

0.3 In this code an attempt has been made to suggest ways of preservation of vitamins during various processes to which foodstuffs are subjected. Adherence to the practices suggested in this code will help conserve a considerable amount of vitamins contained in foods-which otherwise go waste. This will also help in educating the consumers and manufacturers for better utilization of available nutrients contained in foods.