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Editorial

Role of Food Additives in Addiction Psychology Patients

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EDITORIAL

Various researches have shown and shown the differential impacts of food sources that are high in fat, sugar, or protein on hunger, satiety, eating behaviour, and the progression of food enslavement in the last few years. Nonetheless, several studies have cast doubt on the occurrence of human food dependency. Several questions have arisen in regards to the potential consequences of food additives on the progression of food addiction or dietary disorders. Substances or preservatives added to processed or canned foods are known as food additives. These are used to improve the taste, look, or flavour of foods. These additives come in a variety of forms, such as traditional preservatives, nutritional preservatives, flavouring or colouring agents, texture enhancers, and other miscellaneous additives. Food adulteration is when the quality of food is purposely degraded for monetary benefit or to make a profit. Adulterants are not the same as authorised food preservatives.

Due to the addition of various additives or chemicals to increase the taste, shelf life, etc. of that particular food product, any artificial, processed, or packaged food may create addiction. Every food product is unique and differs from the next in terms of flavour, scent, taste, texture, and so on. These categories may differ from one brand to the next and from one location to the next. These processed foods contain trace amounts of addictive chemicals that stimulate brain activity and lead to addiction to the substance. This is the primary cause of people being hooked to foods, particularly junk foods, and this mechanism is referred to as drug dependence. Changes in food preparation and the inclusion of food additives (flavour enhancers, sweeteners, sugar replacements, and non-nutritive sugars) have been shown to have a significant impact on the tactile perception of food.

Food nowadays has distinct flavours, tastes, and fragrances that pique the curiosity of people of all ages. Chocolates, candies, cakes, ice creams, and other sweets are more appealing to children. These foods have larger amounts of carbs, fats, salts, sugars, and artificial sweeteners, all of which provide a high level of enjoyment when ingested. In the evolution of food enslavement in the human body, certain food ingredients have the capacity to stimulate signals to feel good or joyful while simultaneously increasing the amounts of specific neuropeptides and neurotransmitters (hormones like histamine, serotonin, and others). So, if people come across these foods or have the opportunity to eat them, they will not hesitate to do so.

Caffeine is one such dietary addiction that we come across in our daily lives. Caffeine has benefits and drawbacks when eaten in various ways. It can be found in chocolates, coffees, cold beverages, and alcoholic beverages in various amounts. Caffeine reduces stress and soothes mild depressions when eaten in normal amounts, but it also causes serious health problems such as weight gain, diabetes, heart attacks, insomnia, and so on. It gets addictive from the first use because it is consumed in a variety of foods in our daily lives. There isn't enough logical evidence to consider any food additive, micronutrient, or conventional food additive as habit-forming. Flavour enhancers, sugars, sugar substitutes, and non-nutritive sugars are also discussed in terms of their potential effects on central neurotransmission, synapse/receptor cooperation, hunger, satiety, moulded tendencies, and the brain reward system framework.

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