

# What are foodstuffs?

## Legal

- "Food" means any substance or product **intended to be**, or **reasonably expected to be ingested** by humans in a processed, partially processed, or unprocessed state.

## Components

- **Carbohydrates and sugars:**
  - consist mainly of carbon and hydrogen
  - serve for energy production
  - differentiation into simple and complex carbohydrates
- **Protein:**
  - consist of amino acids (components of muscles and cells)
  - serve for energy production and other body functions
- **Fats:**
  - most energy-dense component
  - Carrier of fat-soluble vitamins
- **Vitamins:**
  - support many metabolic processes
- **Minerals:**
  - inorganic substances
  - support metabolic processes
  - this also includes salt (NaCl)

- **Flavors:**
  - Taste and odor-providing substances
  - Occur naturally, are added, or are created during preparation
- **Additives:**
  - Can come from all categories
  - Have a technological effect in the food
- **Calories:**
  - Unit of measurement for energy

## Processing

- **Preservation** (e.g.: canning, smoking, ...)
- **Taste modification** (e.g.: by fermentation, baking, ...)
- **Standardization** (e.g.: adjusting the gel strength of jam, ...)
- **Structure creation** (e.g.: puffing up snacks, imitating meat products, ...)
- ...
- **Food processing is not "bad" per se**, but processed foods tend to have a lower nutritional value (see NOVA classification)



## Better Food Consulting

a service by ZBS Food UG  
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More information about these topics

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