



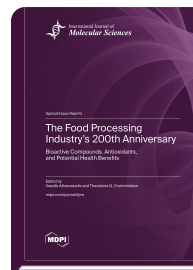
Special Issue Reprint

The Food Processing Industry's 200th Anniversary: Bioactive Compounds, Antioxidants, and Potential Health Benefits

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The term "industrial revolution" indicates a historical era that began in Great Britain in the 18th century, characterized by an apparent acceleration of progress. Over the years, the food industry has changed and adapted to meet changing consumer demands and behaviors. The supply, consumption, and delivery of food products around the world are part of a complex system that define this industry. Food processes can bestow the potential health benefits of bioactive compounds in processed food products, alongside additional nutrients such as vitamins and antioxidants. People with allergies, diabetes, and other health issues who cannot consume certain, common food items also benefit from modern food processing. This process offers a number of advantages, such as extending foods' shelf life and improving product usability. However, highly processed meals can have disadvantages. According to the World Health Organization, a diet high in fat, added sugar, and salt, such as one including many highly processed foods, can increase the risk of cancer, type 2 diabetes, and heart disease. The key is to strike a balance between the advantages and disadvantages of food processing. This can be achieved by consuming a mix of whole, minimally processed foods and some that have undergone processing to improve their safety, taste, and nutritional value.



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