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Using a blanket to whiten traditional bread and its danger to human health

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Today, food manufacturers use various additives to increase the shelf life of the product and improve the technological and organoleptic characteristics of the product. Sodium hydrosulfite or sodium dithionite with the brand name Blankit or dithionite is used in many food products to bleach and whiten the product. These and similar sulfite compounds act as inhibiting compounds from enzymatic and non-enzymatic browning reactions and prevent the formation of coloring compounds in food products. In some traditional bakeries, non-permissible additives such as blanket are used for better dough processing, increasing the transparency and whiteness of bread, improving the quality of undesirable flours and shortening the fermentation time. The use of blankets in food is allowed, but using more than the allowed limit and without technical knowledge will cause residues in food products. The maximum residue of this compound in bread is 10 mg/kg. The excessive presence of this compound in bread can cause skin, digestive and respiratory complications in humans, and due to long-term consumption, it can have more destructive effects on human health. Considering that the per capita consumption of bread is high in our country, therefore, it is necessary to monitor these compounds in all types of bread by the relevant organizations.

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