

Contents

1	Biological functions of vitamins	1
	J. MARKS	
1.1	Introduction	1
1.2	Retinol (vitamin A) and the provitamin carotenoids	1
1.3	Vitamin D	3
1.4	Vitamin E (tocopherol)	3
1.5	Vitamin K	4
1.6	Thiamin	5
1.7	Riboflavin	5
1.8	Pyridoxin	7
1.9	Niacin	8
1.10	Vitamin B₁₂	9
1.11	Folates	10
1.12	Pantothenic acid	11
1.13	Biotin	12
1.14	Taurine and choline	12
1.15	Camitine	13
1.16	Ascorbic acid	13
1.17	Other organic trace constituents of food	14
1.18	Vitamins and 'free radical' damage	15
	Further reading	17
2	Natural occurrence of vitamins in food	19
	H. CRAWLEY	
2.1	Fat soluble vitamins and carotenoids	19
2.1.1	Vitamin A and the carotenoids	20
2.1.2	Determination of vitamin A in foods	21
2.1.3	Natural sources of retinoids and carotenoids	21
2.1.4	Vitamin D	23
2.1.5	Vitamin E	25
2.1.6	Vitamin K	27
2.2	Water soluble vitamins	28
2.2.1	Thiamin	28
2.2.2	Riboflavin	31
2.2.3	Niacin	31
2.2.4	Vitamin B₆	34
2.2.5	Vitamin B₁₂	35
2.2.6	Pantothenic acid	35
2.2.7	Biotin	35
2.2.8	Folic acid	35
2.2.9	Vitamin C	39
	References	40

3	Nutritional aspects of vitamins	42
	D. H. SHRIMPTON	
3.1	Vitamin deficiency diseases	42
3.1.1	Introduction	42
3.1.2	Fat soluble vitamins	43
3.1.3	Water soluble vitamins: the vitamin 8-complex	45
3.1.4	Water soluble vitamins: vitamin C	48
3.2	Recommended daily allowances	49
3.2.1	Introduction	49
3.2.2	International concepts of the function of RDAs / RDIs	50
3.3	Safety	53
3.3.1	Introduction	53
3.3.2	Issues	54
3.3.3	Attitudes	55
3.3.4	Need	55
3.3.5	Adventitious acquisition	57
3.3.6	Safety and RDAs (DRVs)	57
3.3.7	Need and consumption	57
3.3.8	Possible guidelines for safety	58
	References	59
4	Industrial production	63
	M. J. O'LEARY	
4.1	Introduction	63
4.1.1	History	63
4.1.2	Current situation	64
4.1.3	Future production	66
4.2	Vitamin production	66
4.2.1	Vitamin A	66
4.2.2	Provitamin A: β -carotene	68
4.2.3	Vitamin B ₁ : thiamine	70
4.2.4	Vitamin B ₂ : riboflavin	72
4.2.5	Niacin	73
4.2.6	Pantothenic acid	74
4.2.7	Vitamin B ₆ : pyridoxine	75
4.2.8	Folic acid	78
4.2.9	Vitamin B ₁₂	79
4.2.10	Vitamin C	79
4.2.11	Vitamin D	83
4.2.12	Vitamin E: α -tocopherols	83
4.2.13	Vitamin F group	85
4.2.14	Biotin (vitamin H)	85
4.2.15	Vitamin K	88
	References	88
5	Stability of vitamins in food	90
	P. BERRY OTTAWAY	
5.1	Introduction	90
5.2	Fat soluble vitamins	91
5.2.1	Vitamin A	91
5.2.2	Vitamin E	92
5.2.3	Vitamin D	93
5.2.4	Vitamin K	93

5.2.5	β-carotene (provitamin A)	94
5.3	Water soluble vitamins	94
5.3.1	Thiamin (vitamin B₁)	94
5.3.2	Riboflavin (vitamin B₂)	96
5.3.3	Niacin	96
5.3.4	Pantothenic acid	97
5.3.5	Folic acid	97
5.3.6	Pyridoxine (vitamin B₆)	98
5.3.7	Vitamin B₁₂	98
5.3.8	Biotin	99
5.3.9	Vitamin C	99
5.4	Vitamin–vitamin interactions	101
5.4.1	Ascorbic acid–folic acid	101
5.4.2	Ascorbic acid– vitamin B₁₂	101
5.4.3	Thiamin–folic acid	102
5.4.4	Thiamin– vitamin B₁₂	102
5.4.5	Riboflavin–thiamin	102
5.4.6	Riboflavin–folic acid	102
5.4.7	Riboflavin–ascorbic acid	102
5.4.8	Other interactions	102
5.5	Processing losses	103
5.5.1	Vegetables and fruits	103
5.5.2	Meat	104
5.5.3	Milk	104
5.6	Irradiation	105
5.7	Food product shelf life	106
5.8	Protection of vitamins	110
	References	112

6 Vitamin fortification of foods (specific applications) 114

A. O'BRIEN and D. ROBERTON

6.1	Addition of vitamins to foods	114
6.1.1	Introduction	114
6.2	Beverages	115
6.2.1	Vitiminisation of instant beverages	116
6.2.2	Vitiminisation of concentrates, nectars and juice drinks	116
6.2.3	Vitamin stability	116
6.2.4	Vitamin incorporation	117
6.3	Cereal products	118
6.3.1	Breakfast cereals	118
6.3.2	Bread	124
6.3.3	Pasta	127
6.4	Dairy products	128
6.4.1	Milk	128
6.4.2	Yoghurt	132
6.4.3	Ice cream	135
6.4.4	Margarine	136
6.5	Confectionery	138
6.5.1	Hard boiled candies	138
6.5.2	Chocolate	139
6.5.3	Fondant	139
6.5.4	Marshmallows	140
6.5.5	Pectin jellies	140
6.5.6	Starch jellies	140
6.5.7	Chewing gum	141
	References	142

7	Vitamins as food additives	143
	J. N. COUNSELL	
7.1	Ascorbic acid (vitamin C)	143
7.1.1	Properties	144
7.1.2	Fruit, vegetables and fruit juices	144
7.1.3	Soft drinks	147
7.1.4	Beer	148
7.1.5	Wine	148
7.1.6	Flour and bread	148
7.1.7	Pasta	150
7.1.8	Meat processing	150
7.2	Carotenoids (provitamins A)	154
7.2.1	Properties	155
7.2.2	Fat based foods	156
7.2.3	Water based foods	159
7.3	Riboflavin (vitamin B₂)	168
7.4	Niacin	169
7.5	dl-a-tocopherol (vitamin E)	169
7.5.1	Oils and fats	170
	References	171
8	Vitamin analysis in foods	172
	I.D. LUMLEY	
8.1	Introduction	172
8.1.1	Laboratory environment	172
8.2	Oil soluble vitamins	173
8.2.1	Vitamin D	173
8.2.2	Vitamin A	179
8.2.3	Provitamin A carotenoids	183
8.2.4	Vitamin E	186
8.3	The B-group vitamins	190
8.3.1	Microbiological assays	191
8.3.2	Thiamin—vitamin B₁	193
8.3.3	Riboflavin—vitamin B₂	200
8.3.4	Niacin	206
8.3.5	Vitamin B₆	212
8.3.6	Folates	218
8.3.7	Vitamin B₁₂	223
8.3.8	Pantothenic acid	224
8.3.9	Biotin	224
8.4	Vitamin C	224
8.4.1	Introduction	224
8.4.2	Extraction of vitamin C	225
8.4.3	Determination of vitamin C	225
8.4.4	Summary	227
	References	228
9	Food fortification	233
	D.P. RICHARDSON	
9.1	General policies for nutrient additions	234
9.2	Legislation concerning addition of nutrients to foods	234
9.2.1	Food for special dietary uses	235
9.2.2	Foods having lost nutrients during manufacture	235

9.2.3	Food resembling a common food	236
9.2.4	Staple foods	236
9.3	Claims for nutrients and labelling of fortified foods	237
9.4	Restrictive regulations and policies on health claims	238
9.5	The stability of vitamins	239
9.6	Additions of iron sources to foods and drinks	240
9.7	Communicating nutrition	243
9.8	Conclusion	243
	References	244
Appendix 1:	Chemical and physical characteristics of vitamins	246
Appendix 2:	Recommended nutrient reference values for food labelling purposes	261
Index		265