

How to detect adulteration in honey, sugar and jaggery: Take these quick tests to check and stay safe

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Food adulteration is rampant in India. Take a few quick tests check food adulteration to stay safe and healthy.



New Delhi: Food adulteration is an issue of vital concern as it can have a range of harmful effects on health. The practice has become rampant in India and is done mainly to increase the quantity and make more profit. Food adulteration not only poses threat to your health, but the ramifications also results in a serious nutrient deficit, which may lead to numerous nutritional deficiencies. According to Food Safety and Standards Authority of India (FSSAI), the technical definition of food adulteration is “the addition or subtraction of any substance to or from food, so that the natural composition and quality of food substance is affected”.

It might sound unbelievable but the sugar and confectionery you are consuming everyday can have added adulterants. In India, sugar adulteration is especially common when the prices of sugar and jaggery go up. Common adulterants material

for sugar such as chalk powder and white sand can cause stomach-related disorders. Keeping this in mind, the FSSAI has released a skilful guide on how to quickly determine if the food you bought from the store is adulterated. Take a few quick tests below to stay safe and healthy.

Here's how to detect sugar solution in honey

Test 1

- Take a transparent glass of water
- Add a drop of honey to the water
- Pure honey will not disperse, however, if it disperses in water, it tells the presence of added sugar.

Test 2

- Dip cotton in honey and light it up with a matchstick.
- If the honey is pure, it will burn. Adulterated honey will produce a cracking sound due to the presence of water in it.

And here's how to detect chalk powder in sugar/pithisugar/jaggery

- Take a glass (transparent) of water.
- Now, dissolve 10 gram of the sample in water.
- If sample (sugar/pithi sugar/jaggery) is mixed with chalk, the adulterant will settle down at the bottom.