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Protein Characterization and Its Importance in Food Science

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Abstract

Protein characterization involves the analysis of protein structure, composition, and functional properties in food systems. It is essential for understanding nutritional quality, allergenicity, and technological performance of proteins in food products. Advances in analytical techniques have improved the ability to study proteins at molecular and functional levels. This article discusses the role of protein characterization in modern food science and food product development. This article discusses the role of food fortification in promoting nutrition security and public health. This article discusses the role of food biotechnology in modern food science and its contribution to sustainable food production. Improper post-harvest practices can lead to significant food losses, reduced nutritional value, and economic challenges.

***Keywords:** Protein characterization, Food proteins, Nutritional quality, Functional properties, Food analysis*

Introduction

Protein characterization focuses on identifying the structural and functional properties of proteins present in food materials. Proteins play a critical role in nutrition, texture formation, and biochemical processes in food systems [1]. Understanding their structure-function relationships is essential for optimizing food processing and product quality.Scientific methods such as electrophoresis, spectroscopy, and chromatography are widely used to analyze protein composition and structure [2]. These techniques help determine solubility, stability, and functional behavior of proteins in different food matrices . Protein characterization is also important for identifying allergenic proteins and ensuring food safety. [3]. Their presence in natural foods highlights the importance of dietary diversity and plant-based nutrition.In food science, bioactive compounds are increasingly used in the development of functional and fortified foods [4]. Advances in extraction, stabilization, and delivery technologies have improved their bioavailability and effectiveness [5]. Therefore, bioactive compounds represent a vital intersection between nutrition, food science, and preventive healthcare. Bioactive compounds are non-nutrient components in foods that influence physiological processes and promote health. These substances include polyphenols, flavonoids,

carotenoids, peptides, and phytosterols, which exert protective effects against various diseases. Their biological activity makes them valuable components of functional foods. Therefore, bioactive compounds represent a vital intersection between nutrition, food science, and preventive healthcare.

Conclusion

Protein characterization is essential for understanding the nutritional and functional roles of proteins in food systems. By providing detailed insights into protein structure and behavior, it supports food innovation and quality improvement. Continued advancements in analytical techniques will further strengthen protein research in food science. Their development supports preventive healthcare approaches and improved quality of life. Continued scientific research and regulatory oversight will strengthen the credibility and impact of nutraceuticals in global health systems. When used responsibly and regulated effectively, they contribute to product stability and consumer satisfaction. Ongoing research and regulatory oversight are essential to ensure the safe and beneficial use of food additives in the global food industry.

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