

## How is healthy food influenced by technology?

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Technology has changed our lives in numerous ways. However, when it comes to food, technology might not be the first thing that comes to our mind. But look closely and you'll find that here, too, technology has wielded considerable influence, especially when it comes to the category of healthy foods.

Technology is helping enhance and retain the nutritional value of the products in this category. For example, the use of robotics and machines are ensuring that food products remain untouched throughout the process of sourcing and production and reach customers while maintaining the highest standards of safety and integrity.

Quality manufacturers are using blockchain tech to trace the origin of the raw materials, quality of ingredients and processes followed by growers. The use of an open ledger ensures that quality ingredients will make their way into the products. New-age production and packaging machines keep the purity of the ingredients intact and let consumers reap maximum benefits.

Apoorva Gururaj, Founder and CEO, Foodio.Fit