

PRESERVED FOOD

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As I am more mature (a nicer word for aging), I learned that I have to be very careful with food additives. Unluckily, food additives are plenty around us.

I know that guava has plenty of vitamin C. Guava from Medan (South Sumatra) is famously yummy and crunchy. But the guava is not a fresh one. It already preserved in order to last longer and can be transported anywhere else in the country. When I ate it last year, I got horrible tummy ache. Perhaps because of the green food coloring (resembled to the skin of the guava). Of course I have to quit eating it.

The town of Cianjur is well known for many 'manisan' and 'asinan' (fruit preserved in sugar or salt). Preserved mango, snake skin fruit, papaya, star fruit, 'lobi-lobi', 'ceremai', nutmeg's fuli, ... Guaranteed yummy.

But again.. I got tummy ache when I ate any of the preserved fruit.

My hubby's tummy is even worse. Last week we ate some kind of fried prawns brought from Surabaya by my hubby. The prawns were really tasty. But ... my hubby got tummy ache afterwards (I was not, though).

Hot chocolate is one of my favorite drink. When I lived in the US a long time ago, I always drink the best ready mixed hot cocoa, 'SM'. Now the cocoa is sold here in Indonesia (expensive, of course). I excitedly bought it and drink it (while remembering the deliciousness of the hot cocoa during the cold winter in the midwest). You know what happened? I got an upset stomach! Not too bad, though, but it gives me a good reason not to drink it again. Then I tried another ready mixed cocoa brand, local one. I got another upset tummy! Clearly there is something wrong with my tummy, not the cocoa.

My goodness... How delicate my tummy is now!

Now my hubby and I have been trying our best to consume fresh food only. We avoid canned food, preserved food, food with coloring, and food with additives.

Hot cocoa is still one of my (and our) favorite drink (as well as tea). To fulfil my crave of hot cocoa now I have my own hot cocoa mix, after consulting some recipes in cyberspace. Taste great and more importantly, does not upset my tummy.

'Ready food', such as hotdogs, occasionally is still consumed by us (and not causing tummy ache), in a small number. For snacks, we cannot avoid the food additives, but we carefully selected them.