# 3D PRINTED FOODS

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3D printed foods are a type of squirter, meaning they use extrusion technology. Instead of the filament used in a classic 3D printer, an edible resin is extruded through the nozzle, as is visible in the image to the left.

The resin is heated in the extruder and pressed onto a cold print bed, which causes it to congeal, layer by layer. This application has many benefits, such as its high customizability and self-automation, and its nutritional malleability.

Some of its drawbacks include that the equipment necessary to print these foods are very expensive, and that there is a limited number of ingredients that can be used in the resin.
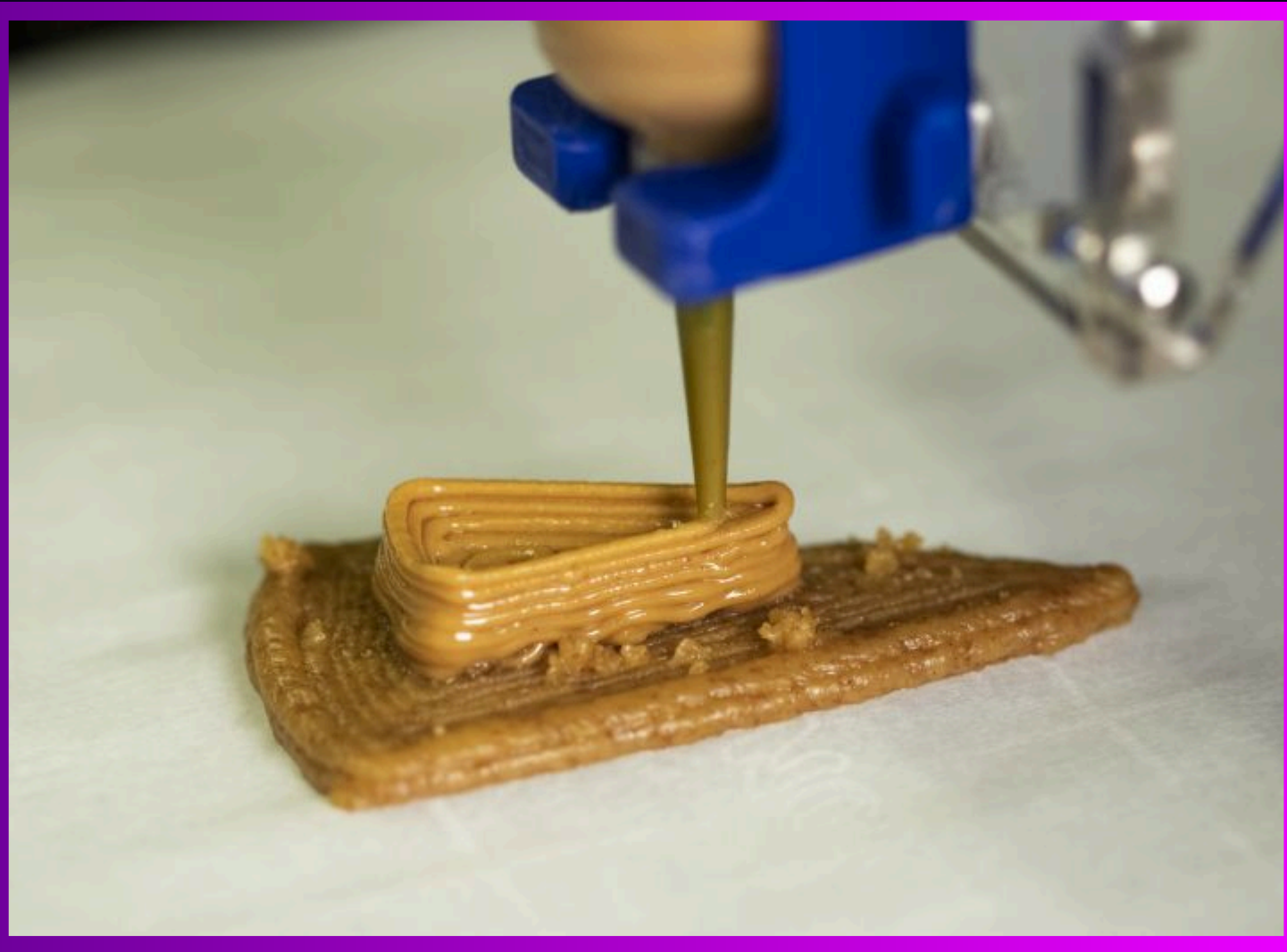
The main area of research applications is involving health technology startups to treat dysphagia, a condition that makes swallowing difficult, or other patients with jaw or mouth damage, which make eating conventional food a challenge.

Another party of active interest is NASA, who are looking to print nutrient-rich customizable foods for astronauts.

Learn more about this technology here.