

# Additives In Food

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# What Are Food Additives?



- “A food additive is any substance added during the production, processing, or storage of food.”
  - Fat replacements-texture enhancement
  - Vitamins/Minerals- enrich foods
  - Color/dye - appearance
  - Sulfites - prevent discoloration and spoilage of fresh foods and produce
- Additives can either be manufactured artificially or occur naturally from nature.
- Can also be our most common flavor enhancers such as:
  - Salt preserveatives
  - Sugars and or sweeteners



# FDA Regulations of Food Additives



- Today, all new additives must pass extensive testing before getting approved to be used in food.
- Before any new additives can be used in foods, the FDA must investigate the makeup of the additive, the amount the consumer will most likely ingest, and the possible short and long term health effects.
- The 1958 Food Additives Amendment set the FDA guidelines for approval of food additives.
  - Some food additives that were already in use before 1958 such as Sodium Nitrite, Potassium Nitrite are “believed to be safe” and have not gone under any type of further research.
  - Food additives that have been used for centuries are classified as GRAS (Generally Recognized As Safe) which includes salt, sugar, spices, and baking soda.



# FDA Regulation of Food Additives (continued)



- Before marketing a new food additive, it must go through an approval by the FDA. It is the responsibility of the manufacturer to provide information as to how safe this new additive is.
- In order to use a new food additive the manufacturer will have to file a petition with the FDA explaining the tests that were used to prove that the substance is safe when consumed with the product. After it is approved by the FDA will prescribe its regulations, types of foods it may be used for, and how it is used.



# Are Food Additives Always Safe



- “Like all science, food science evolves. As science progresses we do find things to be bad. Then you re look at your laws and regulations, and labeling.” –Kathryn M. Kolasa, PhD, RD



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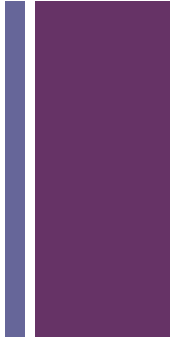
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# Sulfites





# Sulfites



- Sulfites were once commonly used to prevent discoloration and spoilage in fresh foods.
  - For example:
    - Produce managers at grocery stores used to spray produce with sulfites
    - Restaurant managers would spray sulfite solution on foods in salad bars.
- After people began to eat foods with sulfite they began to have severe allergic reactions which were most common among people with asthma, sometimes even death.
- FDA began fielding reports and banned the use of sulfites on fresh produce.
- Today, labeling is required on products that have any traces of sulfites.



# Ascorbic Acid, Alpha- tocopherol

- There are some additives that are believed to be safe that can even enhance peoples health.
- Ascorbic acid (Vitamin C) is used as an additive in meat to provide color in meat and nutrition in beverages.
  - Which may reduce the symptoms associated with a colds, prevent scurvy, and boost immunity.
- Alpha-tocopherol (Vitamin E) is used to maintain the consistency of oils.
  - Which may reduce the risk of cancer and heart disease, and reduce inflammation.





# Food Additives To Watch Out For



- There will always be certain additives that people should avoid all together. And some that we should consume in portions.
- Some examples are:
  - Salt: a high diet in salt may cause high blood pressure and increases the risk of heart disease.
  - Sugar: a high diet with sugar may cause obesity, tooth decays, and in some cases diabetes, heart disease.
- Certain nutrition experts believe that we should avoid sodium nitrite, saccharin, caffeine, olestra, acesulfame K, and all types of artificial coloring.
  - Although these have been approved by the FDA, recent testing on some of these additives has been called into question by outside researchers.



# Helpful Food Links & Information



- <http://www.foodfacts.com/>
- <http://www.fruitsandveggiesmatter.gov/index.html>
- <http://www.choosemyplate.gov/food-groups/>