



## Topic: 6

## Food Additives



# What are food additives ?

- ❖ They are chemical origin materials (industrial or natural) added to foods in order to improve its taste, appearance, nutritional value, or to preserve them from contamination and spoilage. Additives referred to letter "E" means they have been adopted by the European Union.



# What are types of food additives?

- ❖ **Preservative materials:** This group includes materials that work to stop or eliminate microbial activity such as (bacteria, molds, yeasts), as well as prevent food spoilage such as ascorbic acid and sodium benzoate.
- ❖ **Antioxidants:** Contains material that is used to prevent or delay the onset of rancidity, that result from fat oxidation (interaction of fat with oxygen), and also protects the vitamins dissolved in fats from oxidation.
- ❖ **Colored materials:** These include all natural dyes (such as saffron and turmeric) and industrial dyes added to food to give distinctive colors to the food item.
- ❖ **Flavoring materials:** Includes industrial or natural sweeteners such as sugar and its substitutes.
- ❖ **Emulsifiers and stabilizers:** This material are used to increase the texture or intensity of the product, and thus it will give the foods soft and creamy texture, e.g. (Ice cream).



# Side effects of additives when added more than the desired quantity.

- ❖ Severe pain in the stomach.
- ❖ Raised cholesterol in blood.
- ❖ High blood pressure.
- ❖ Extreme sensitivity, vomiting, diarrhea, fever and headache.



# How can we protect ourselves from side effects?

## **When buying any food product we must note the instructions on the product:**

- ❖ Purchase food which is free or contains lowest possible rate of additives.
- ❖ Read the list of contents and components of the product on the label.
- ❖ If a natural food product is genetically modified, then look for the symbol GE or GM.
- ❖ The nutritional value of the product which indicates types & quantities of food product.
- ❖ Note the nutritional label for product which shows the types and amounts of food. Avoid eating large quantities of light food (Snacks) containing large amounts of colors. This is essential for children specially when the home snack like fruits and vegetables is replaced by packet snacks
- ❖ People suffering from extreme sensitivity must avoid food containing additives.



**With Regards**

**Food Safety Awareness Team  
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