FOOD ADDITIVES

The Terrible 6

1. Americana
2. BHA and BHT
3. MSG
4. Nitrates and Nitrites
5. Monosodium Glutamate
6. Artificial Sweeteners

Others to Watch

- Artificial flavors and colors
- Preservatives
- Gluten
- Lactose
- Corn syrup
- Aspartame
- Sorbitol
- High Fructose Corn Syrup
- Artificial eggs

Types of Food Ingredients

1. Normal, unregulated
2. GRAS as determined by manufacturer and/or trade association
3. Direct food additives approved by FDA
4. Color additives approved by FDA
5. Ingredients specifically approved by FDA
6. Natural or artificial flavors determined to be GRAS
7. Indirect additives/food contact substances
8. GRAS and listed, affirmed, or reviewed by FDA

Access to Food Additives

- Usage: 33
- Purposes: >10,000
- Chemicals: 4
- Companies: 3
- Ways: >10,000
- Additives: >10,000
- Ingredients: >10,000
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33 Purposes that Additives Serve

1. Flavor
2. Texture
3. Aroma
4. Preservation
5. Coloring
6. Thickening
7. Emulsifying
8. Sweetening
9. Nutritional
10. Astringency
11. Moisture
12. Aroma
13. Flavor
14. Texture
15. Aroma
16. Texture
17. Flavor
18. Texture
19. Flavor
20. Texture
21. Flavor
22. Texture
23. Flavor
24. Texture
25. Flavor
26. Texture
27. Flavor
28. Texture
29. Flavor
30. Texture
31. Flavor
32. Texture
33. Flavor

Ways Food Additives are Used to Trick Consumers

1. Misleading labels
2. False advertising
3. Hidden ingredients
4. Artificial flavors
5. Artificial colors
6. Fat substitutes
7. Sugar substitutes
8. High fructose corn syrup
9. Gluten
10. Artificial eggs
11. Artificial meats
12. Artificial seafood
13. Artificial fruits
14. Artificial vegetables
15. Artificial spices
16. Artificial sauces
17. Artificial syrups
18. Artificial seasonings
19. Artificial preservatives
20. Artificial antioxidants
21. Artificial emulsifiers
22. Artificial stabilizers
23. Artificial thickeners
24. Artificial thickeners
25. Artificial thickeners
26. Artificial thickeners
27. Artificial thickeners
28. Artificial thickeners
29. Artificial thickeners
30. Artificial thickeners
31. Artificial thickeners
32. Artificial thickeners
33. Artificial thickeners