


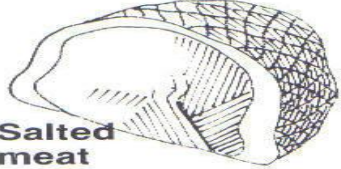
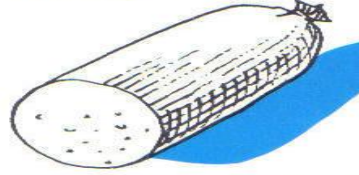
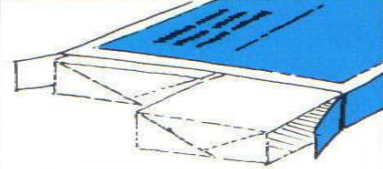
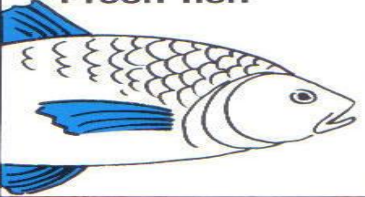

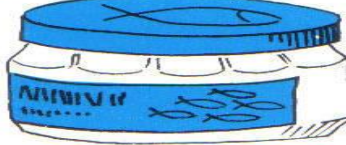





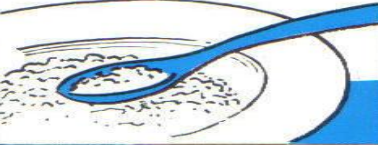
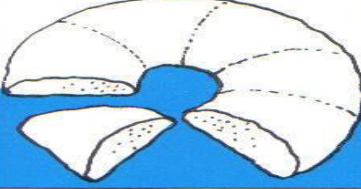



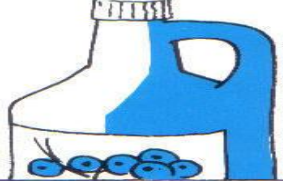
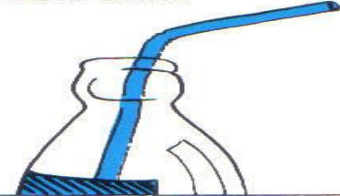
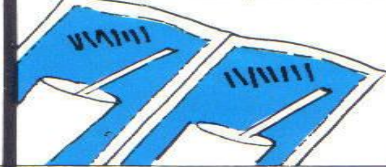
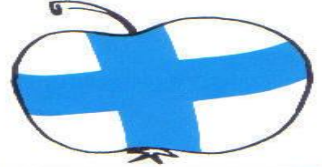

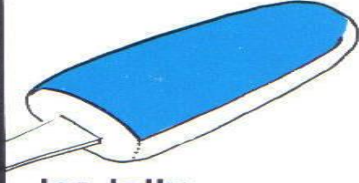
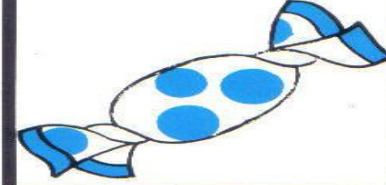
# Recommendation of the use of food additives

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# Basic food and additives

- Food additives **not allowed** in basic foodstuffs  
meat, milk, vegetables, fish
- Consumers have possibility to avoid almost totally food additives, if wanted
- Or limited use of food additives

NO FOOD ADDITIVES	SOME FOOD ADDITIVES	MUCH FOOD ADDITIVES	VERY MUCH FOOD ADDITIVES
<p>Fresh meat</p> 	<p>Salted meat (a lot of salt)</p> 	<p>Sausage</p> 	<p>Stock cube</p> 
<p>Fresh fish</p> 	<p>Smoked fish</p> 	<p>Pickled fish preserve</p> 	<p>Fish soup mix</p> 
<p>Milk</p> 	<p>Flavoured yoghurt</p> 	<p>Ice cream</p> 	<p>Whipped cream chocolate pudding</p> 
<p>Oat flakes (porridge)</p> 	<p>Bread</p> 	<p>Swiss role</p> 	<p>Decorated filled cake</p> 
<p>Juice</p> 	<p>Juice concentrate</p> 	<p>Soft drink</p> 	<p>Artificial juice powder</p> 
<p>Domestic apple</p> 	<p>Chocolate</p> 	<p>Ice lolly</p> 	<p>Sweets</p> 

# Infant foods

- Food additive legislation does not concern foods for special dietary purposes
- Ingredients, food additives, vitamins and minerals are regulated by specific legislation
- Only limited food additives are allowed, safety demands are higher for those products

# Organic Products

- Only limited number of food additives is permitted

	<b>Organic</b>	<b>Common foods</b>
Additives totally	30	300
Colours	-	40
Flavours	only natural	also artificial
Sweeteners	-	10
Preservatives	2	20

# Food allergy and food additives

- Other ingredients most often reason for allergic reactions
- Sulfites E 220- E228 problems for asthmatic persons
- Lesitine E 322 and egg or soya allergy
- Lysozyme and egg allergy
- Cochineal E 120 specific protein allergy

# Food for ethnic groups

- Food additives originating from pork may not be used if products are consumed with certain groups of consumers
- Consumers are guided with the lists of food additives containing not wanted materials
- Some consumers are also avoiding food additives with animal origin

# Selection of food additives

- Must be based on technological needs
- Often several different food additives available
- Some times several different food additives are needed simultaneously

Examples : preservatives + acids

combination of two sweeteners

# Ranking of food additives

- Low ADI
- Suspicion of risk
- Allergic reactions
- Economical losses
- High ADI
- Not widely used
- Quantum satis (no limitations)

# ADI-values mg/kg bodyweight/day

- Nitrate (NO<sub>3</sub>) 0-3,7
- Nitrite (NO<sub>2</sub>) 0-0.06
- Benzoic acid 0-5
- Sorbic acid 0-25

# ADI-values

## mg/kgbodyweight/day

- Aspartame 0-40 SCF 2002
- Acesulfame 0-9 SCF 2000
- Saccharin 0-5 SCF 1995
- Sycclamic acid 0-7 SCF 2000
- Thaumatin accepted SCF 1988
- Neohesperidine DC 0-5 SCF 1988

# Additional information

- [http://europa.eu.int/comm/food/food/chemicalsafety/additives/index en.htm](http://europa.eu.int/comm/food/food/chemicalsafety/additives/index_en.htm)
- EU/SCF; FAO/WHO JECFA
- Food additives in Europe 2000  
Status of safety assessments ....  
TemaNord 2002:560

# Summary of recommendations

- Only safe food additives should be used
- Special legislation must be followed (text is important, not only tables)
- Big international companies have developed good recipes and food additives are labelled, however level of use must be tested for each product separately