

Carrageenan in the american diet

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In an article written by Mariel Wolfson entitled “ Carrageenan and the Acceptance of Food Additive Toxicity, 1950-2000”, the author provided a clear description of the historical evolution of carrageenan as “ an emulsifier, stabilizer, colloid, or gum” (1). Used to ensure consistency in products such as “ soymilk, chocolate and other flavored milks, dairy products, infant formulas, and nutritional supplement beverages” (Wolfson 1), it has been revealed that these products could not be “ made, packaged and stored for long periods of time without this ingredient” (Wolfson 1). Likewise, carrageenan has been identified to come from seaweeds where its use has been duly documented for more than two centuries (The Lancet 671). Although there have been controversial debates on its safety for human consumption, the fact that carrageenan is still being used in contemporary times validate its safety, advantages and usefulness in contemporary American products. Likewise, over time, the processing stages of carrageenan have undergone extensive refinement to ensure that the benefits for including this food additive surpass any perceived disadvantages or harm.

In this regard, given the enumerable uses enumerated by the Fisheries and Aquaculture Department (FAO) such as in dairy products, water-based foods, meat products, pet food, air freshener gel, toothpaste, and as immobilized biocatalysts (FAO, 69 - 71), one hereby approves of its use. As validated and proven by various biochemists and global food organizations that continue to use this food additive as an integrated part of the American diet, proves that its benefits and uses have negated any potential harm that had emerged in previous times.

<https://assignbuster.com/carrageenan-in-the-american-diet/>

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