

# Food additives



Katie Yang Ms. Molin Advanced English IOC 7 May 2010 The Secret Behind Food That People Eat The number of consumers has now risen to 200, 000, 000, subjected everyday to a bombardment of poisons in their food and drugs while lying at the mercy of " respectable corporations" (Fuller). While the chefs and sou chefs cooked their customers' orders, they thought nothing of it. They served it to their customer and while that customer ate, one had an allergic reaction. The customer whose name was Jorma Takala suffers from hyperactivity.

Therefore, additives can be dangerous and companies using them should do extreme testing before exposing it to the human population. What are additives exactly? Well, they are substances that have no proven track record of safety and that must be approved by the FDA (Food and Drug Administration) before they can be used (Growther). When the FDA approves of an additive to be used in food, it means that the company using them has done extensive lab testing. It doesn't mean that it is considered to be a safe substance, however, it means that the company using them has done enough of their lab testing.

Although representatives of the food and chemical industries professed to be fully in support of the principle that safety testing of additives should be required by law, they fervently hope that additives in use would be exempt from testing (Mooney). With this, the scientists still continue to produce certain additives that could potentially harm our people and there is no specific way to stop them. These certain additives can be both worrisome and worry-free meaning not all additives is dangerous.

Some examples of harmful or worrisome additives are: " sodium/ potassium benzoate that are often used in soft and fruit drinks that can form benzene (a cancer-causing substance), and sodium nitrate that with its presence in cured meat, it prevents botulism" (Antinoro). These have been linked to cancer in lab animals. The testing is only done on lab animals, but not on humans meaning they expose it to the people even after saying it does not harm us. As a result, these are harmful additives that must be avoided when can.

Finally, some worry-free additives that can be eaten or ingested are listed. These can be anything from additives used in drinks to bread.

Calcium/sodium propionate - mold inhibitors used to preserve bread, calcium stearoyl lactylate - dough conditioners make bread sturdier and easier to knead, and citric acid derived from citrus fruits and one of the safest and most widely used additives (Antinoro). These additives that are being used to make work easier are great, but what if they were harmful additives?

Scientists must understand that by trying to make work easier is just a way to show that they themselves do not do enough extensive researching on their newly produced additive. Most additives that are being produced are new so they have never been used by the people therefore, making them the lab animals themselves. As I have said earlier, there has been a person who himself has had a horrible life until he stopped eating red dye #40. He went to a restaurant and ordered a submarine sandwich that had this artificial dye in it.

This artificial additive is what caused him to obtain a migraine, irritability, pressure on his head, and hives like a hyper-reaction to a bee sting. Curious about this reaction to this dye, he researched it and became aware of the red dye #40 in the prepared meat (Takala). Many people don't know that they are eating this and that this could be an effect causing people's lives to worsen. It is strongly urged to avoid this scrupulously. In conclusion, here are facts about how many people die of these additives every year. The annual death per year has increased dramatically over the past few years.

In the course of this time, many people suffered from diseases, food poisonings, and much more. Each year roughly 30, 000 people require emergency room treatment and 1 50 die because of allergic reactions (Meadows). Even though the earth holds millions of people on it, this is a large number of catastrophes. People should not have to die because of something like this. This number is increasing every year and scientists and the FDA should do something about it. If not, the numbers of consumers will also rise. The number of consumers annually differs from those being diagnosed with allergic reactions.

As they continue to rise, the numbers of people admitted to the emergency rooms are also increasing. The FDA's attitude seems to be: " Let consumers figure out for themselves how much of which ingredients can make them sick. " It's bad enough that people have to worry about allergic reactions to peanuts, milk, and other conventional foods. In fact, it makes no sense for health authorities to purposefully allow new unsafe ingredients into the food supply. Types of safe food additives that have been used and known to not cause any health problems are artificial sweeteners.

These sweeteners are put in place of real sugar that can cause cavities. With this in mind, the manufacturers using this just think that they could put these in their gums and sugar-free and no complaints will surface from anyone. This can be true to some people because this is a safe additive, but don't think that because it doesn't cause many allergic reactions it is totally safe. In fact, these are some food additives that manufacturers use in their foods when preparing food to be distributed among people. These can also be anything from what we eat everyday to additives in drinks.

They are anti-caking agents, anti-foaming agents, antioxidants, colourings, stabilizers, sweeteners and thickeners (Growther). These additives can cause cancer and other life threatening situations. People every day eat without thinking of what is in their food and bellyaches can be a side effect. Whether a side effect is what can cause an allergic reaction, not all side effects are that easygoing on the body. Finally, some very dangerous additives that are being used are BHA and Nitrites. It is recommended to know a lot about this substance that is exposed to the people right now.

They may not know what is affecting them when they get sick and so this is helpful information. BHA is a substance that has been used in foods that are high in fats and oils. Studies show that BHA could cause tumors in the forestomach of rats, mice, and hamsters. Experts concluded that it could not happen in humans because we do not have a forestomach. From a Japanese study, it showed possible existence of a no-effect level and noted that the level which produced cancer was many thousands of times higher than the level to which humans are exposed. Foulke) This substance is a food additive in which its use is to slow the development of off-flavors, odors, and color

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changes. BHA might sound like a medication prescription, but as the test results show, it is deadly in animals and it could evolve and turn on our immune system. Next, nitrite is another substance known to cause cancer. Nitrite can cause life threatening problems and it could possibly affect your life span maybe. It can react with certain chemicals in your stomach causing cancer. Nitrites are used as preservatives and for flavoring and fixing color in a number of ed meat, poultry, and fish products (Foulke).

Scientists could possibly reduce using this harmful additive just because it makes food better. They should be thinking about how it affects the human body before using it everywhere by manufacturers. Without the use of this substance, they could easily reduce the amount of human deaths in the US. Many of these substances have to do with the Food and Drugs Administration. They are the people who observe very carefully on what substances or additives can be used in foods. The FDA has lacked to do their job right and if they did it right in the first place, the number of deaths year round would decrease dramatically.

Petitions have also since risen to stop the use of harmful additives exposed to the people by scientists and a company that can hardly do their job right. It has failed to grow and just grew slow nonetheless (Mooney). If the FDA cannot do their job right, they might as well give it up, but as the world knows, people need a system of government to approve substances so they do not kill many people with it. Therefore, the petitions that are being made daily are made up of people that were hit with this problem of being exposed to a harmful additive.

As people begin to understand what the affects of food additives can to do our body, they need to know about the people who handle these procedures of exposing it to the human population. Everyone knows food scientists and technologists work in the food processing industry. Some work in universities and some work in government. They try to " create food products that are healthy, safe, tasty, and easy to use. They find better ways to preserve, process, package, store, and deliver foods. Some food scientists discover new foods. Others analyze foods to see how much fat, sugar, or protein is in them.

Others search for better food additives. Animal scientists work to develop better ways of making meat, poultry, eggs, and milk. Some animal scientists inspect and grade food products" (Fuller). Animal scientists also work as consultants to advise farmers and ranchers on how to best raise the most livestock. On the whole, these specific scientists are ones who try to make sure that dangerous or harmful additives do not get to people. These scientists are doing everything they are to make food better, but it is still affecting people's lives.

In organic foods, it can also contain some additives so don't ssume everything that people are eating is good for you. In some ways, it can hurt the body and internal system or Just be something like an allergic reaction. If any of these occur, it is best said to go to the hospital immediately to avoid any damage to food with labels to avoid eating exposed additives. In the end, additives can only be avoided if known additives are what are making everyone sick. Additives that are affecting the people now are harder to avoid because of new foods that are being made to make food tastier.

A tastier food means more ingredients and more ingredients means more additives. If foods that have lots of labels on it, read it thoroughly to know what not to eat and buy because "others who purchased products like Juke, yogurt and ice cream ended up eating tiny ground-up bugs" (Knopper). Consequences on companies if they don't carefully distribute safe additives to the people could possibly increase the number of deaths each year. To prevent this, the FDA should know what they are getting themselves into when approving additives and should do everything in their power to remove harmful additives.