

# Food additives fact sheet essay

[Countries](#), [Canada](#)



## **What are Food Additives?**

Food additives are substances that become part of a food product when they are intentionally or unintentionally added to the food while it is being processed or produced (University of Maryland Medical Center, 2011).

Examples include using vinegar solutions to pickle food; adding spices or herbs to foods, and adding salt to preserve meat.

## **What are the purposes for using food additives?**

- They improve and maintain the stability and quality of food (South Australian Department of Health, 2006). An example is the addition of sorbitol humectant to mixed dried fruit to maintain the fruit's softness and moisture.
- They improve the appearance and taste of processed food. An example is the addition of lecithin-emulsifier to margarine in order to maintain its texture.

## **How are food additives regulated in Canada?**

The Canadian Food Inspection Agency is responsible for overseeing the proper use of food additives in Canada (Canadian Inspection Food Agency, 2012). In particular, the following are the provisions that contain the guidelines for such (Canadian Inspection Food Agency, 2012):

- Section 4 (a) of the Food and Drugs Act
- Section 3. 1(1)b of the Fresh Fruit and Vegetable Regulations

## **Are natural food additives safe?**

Although natural food additives come from natural sources, such as insects, animal lard, plants, and fruits, these may have been so chemically altered that they would not be any safer or healthier than the artificial additives (“Natural and Artificial Food Additives,” 2013)

## **What are the different categories of additives?**

The different categories of food additives are antimicrobial agents, antioxidants, artificial flavors, enhancers, and stabilizers.

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