



**PETALUMA PEOPLE
SERVICES CENTER**

Nutrition News You Can Use – January 2022

What is a Food Additive? Any substances added to a food. This definition includes any substance used in the production, processing, treatment, packaging, transportation or storage of food.

Direct food additive: Additives that are added to a food for a specific purpose in that food. I.e. Sweetener. These are typically identified as ingredients on the label.

Indirect food additive: Additives that become part of the food in trace amounts due to its packaging, storage or other handling. Food manufacturers must prove to the FDA that all materials coming in contact with food are safe before they are permitted for use in such a manner.

Color Additive

- A color additive is any dye, pigment or substance which when added or applied to a food in order to impart color.
- Any dyes that have been linked to health problems have been removed from our foods (i.e. Red 3)
- Dyes that have been linked to mild side effects in few individuals must be listed on labels (Blue 1, Red 40, Yellow 5 & Yellow 6)

MSG (Monosodium Gluconate)

- MSG is frequently added to foods to intensify and enhance the flavor of foods
- Foods that commonly have MSG added include frozen dinners, salty snacks and canned soups. Restaurants and fast food restaurants use it more often.
- Some individuals report a mild sensitivity to MSG. If you experience any symptoms its best to avoid these foods. Otherwise it can be safely consumed without any adverse effects.
- The FDA has categorized MSG as GRAS (Generally recognized as safe) based on its extensive history of use in food and research

High Fructose Corn Syrup

- High Fructose Corn Syrup is frequently added to foods to sweeten them.
- It is frequently added to soda, juice, breakfast foods, package desserts, candy and snacks
- Found to have increased the risk of belly fat and insulin resistance in overweight and obese individuals & should be limited.

Artificial Sweeteners

- Examples: stevia, sucralose, aspartame, saccharine and Acesulfame potassium
- Can help promote weight loss and blood sugar control
- Food safety experts have been unable to find any convincing evidence that Artificial Sweeteners can be tied to negative health effects in humans

Trans Fats (Partially Hydrogenated Oil)

- Trans fats were initially added with the intention of making foods last longer and taste better
 - We eventually learned that this ingredient raises our bad cholesterol and lowers our good cholesterol
 - In 2015 the FDA removed Trans fats from the Generally Recognized as Safe list (GRAS)
 - The FDA has set a deadline for manufacturers to have Trans fats removed from our foods

Petaluma People Services Center is dedicated to improving the social and economic health of our community by providing programs that strengthen the dignity and self-sufficiency of the individual. Our core services include: Senior Services, Counseling, Youth Programing including Mentor Me, Housing, Employment and Petaluma Bounty Farms.

www.petalumapeople.org **707-765-8488**

This information is provided by PPSC, with funding provided by the Sonoma County Human Services, Area Agency on Aging.

Prepared for you by Jessica Sherwood

Source: <https://www.fda.gov/food/ingredientspackaginglabeling/foodadditivesingredients/ucm094211.htm>, 2. <https://www.ncbi.nlm.nih.gov/pubmed/19381015>
3. <https://www.ncbi.nlm.nih.gov/pubmed/23026007>