



This table summarizes some common situations when additives are used, but there are many other uses as well.

For more information, visit [www.fda.gov](http://www.fda.gov) and search “Food Ingredients and Colors.”

<b>Why Additives Are Used</b>	<b>Types of Additives and What They Do</b>	<b>Ingredients Commonly Found in Foods</b>
“To maintain product consistency”	<ul style="list-style-type: none"> <li>• Emulsifiers to keep products from separating</li> <li>• Thickeners to give products body</li> <li>• Anti-caking agents to keep powders from clumping</li> </ul>	<ul style="list-style-type: none"> <li>• Mono- and diglycerides, lecithin</li> <li>• Alginate, pectin, gelatin, gums (e.g., xanthan, guar), modified starch</li> <li>• Magnesium silicate, calcium stearate, cornstarch</li> </ul>
“To improve or maintain nutritional value”	<ul style="list-style-type: none"> <li>• Vitamins</li> <li>• Minerals</li> <li>• Chelators to make minerals easier to absorb</li> </ul>	<ul style="list-style-type: none"> <li>• Vitamin C, thiamin, folic acid, niacin</li> <li>• Iron, calcium, magnesium</li> <li>• EDTA, potassium phosphate, sodium diacetate</li> </ul>
“To maintain palatability and wholesomeness”	<ul style="list-style-type: none"> <li>• Antimicrobials to prevent mold or yeast growth</li> <li>• Antioxidants to protect color and flavor</li> </ul>	<ul style="list-style-type: none"> <li>• Propylparaben, sodium benzoate, sodium propionate</li> <li>• BHA/BHT, TBHQ, propyl gallate, ascorbic acid</li> </ul>
“To provide leavening or to control acidity/alkalinity”	<ul style="list-style-type: none"> <li>• Acidulants to lower the pH</li> <li>• Buffers / Acidity controllers to prevent the pH from changing</li> <li>• Leaveners to give volume to baked goods</li> </ul>	<ul style="list-style-type: none"> <li>• Citric acid, malic acid, fumaric acid, acetic acid</li> <li>• Calcium citrate, phosphates, sodium carbonate</li> <li>• Sodium bicarbonate (baking soda), calcium phosphate, sodium acid pyrophosphate, glucono-d-lactone</li> </ul>
“To enhance flavor or impart desired color”	<ul style="list-style-type: none"> <li>• Sweeteners</li> <li>• Non-nutritive sweeteners for low calorie products</li> <li>• Flavor enhancers</li> <li>• Natural colors</li> <li>• Artificial colors (only approved artificial colors can be used)</li> </ul>	<ul style="list-style-type: none"> <li>• Corn syrup, sugar, fructose</li> <li>• Aspartame, acesulfame K, stevia, saccharin, sucralose</li> <li>• Monosodium glutamate (MSG), salt, disodium inosinate</li> <li>• Annatto extract, caramel, carmine, paprika, turmeric</li> <li>• Blue 1 &amp; 2, Green 3, Red 2, 3 &amp; 40, Yellow 5 &amp; 6</li> </ul>

**References:**

U.S. National Archives and Records Administration. 2010. *Code of Federal Regulations*. Title 21. Subchapter B - Food for Human Consumption.

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