

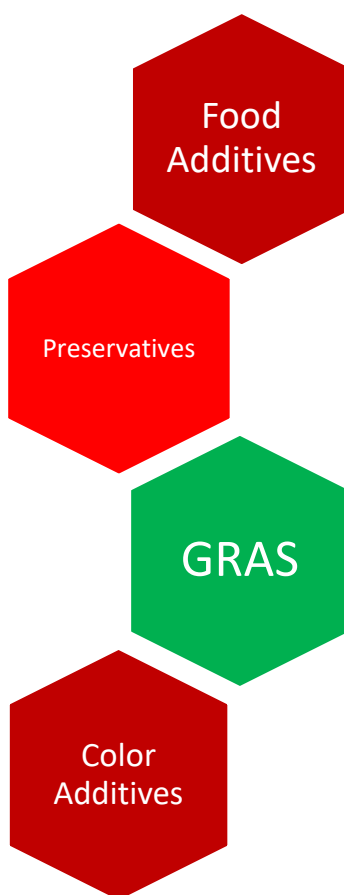
Food Safety



..... Additives & Preservatives

Any substance intentionally added to food becoming a component of the food. Manufacturers file petitions explaining the use of **food additives** and submit scientific evidence of its safety as a consumable item. The FDA studies the evidence and grants approval if the use of the additive can show “reasonable certainty of no harm” to the consumer.

This stands for **Generally Recognized as Safe**. This is a category of food additives that does NOT undergo FDA approval prior to being added to foods. GRAS additives have been deemed safe by experts based on their extensive history of use in foods and by published scientific evidence. Examples of GRAS additives are salt, sugar, spices, vitamins, and MSG.



Preservatives are a type of food additive. They are used to maintain the natural characteristics of the food, the appearance of the food, and the shelf life of the food for storage. They slow or prevent spoilage caused by mold, air, bacteria, fungi or yeast. Antioxidants are one example of a preservative added to foods to prevent fats and oils in foods from becoming rancid.

Several studies starting in the 1970’s investigated the possibility of a link between food **color additives** and child behavior (ADHD). FD &C Yellow No. 5 in particular, has been studied several times. None of the studies have shown a conclusive link between coloring additives and child behavior. In 2007 both the FDA and the European Food Safety Authority agreed that the study did not establish a link between the color additives studied and behavior issues.

For more information on food safety go to www.fda.gov and www.nal.usda.gov