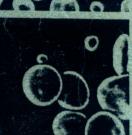


John H. Thorngate III



Food Additives

Second Edition Revised and Expanded

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Preface to the Second Edition

In the Preface to the First Edition of *Food Additives*, we stated that food additives would "continue to play an important and essential role in food production" because of consumer demand and desire for "convenient, tasty, and nutritious foods" in an ever increasing populace. This prediction has been proven correct over the period since the first edition was published, and much has changed in food science, food safety, and food technology. Despite continued research on the toxicological effects of food additives on humans, few were restricted in the 1990s and several were actually approved for use.

In the 1990s, the food processing industry became much more global. As more processed foods were produced for export, the requirement for a working knowledge of world food additive regulations became paramount. This led to increased pressure for countries to adopt similar food additive regulations. *Codex Alimentarius* has become an important guide on food additives and a stepping-stone to improving world food marketing. Because foods are now shipped worldwide, there is a greater demand for maintenance of product quality attributes for extended periods. Food processors have had to utilize various food additives (in addition to other processing techniques, e.g., packaging) to achieve this extended shelf life. In 1990, rapid communication and information retrieval were still in their infancy. Today, the Internet as a means of communication and information retrieval concerning food additive regulations has become an important vehicle for exporters.

While there is continued pressure from consumers and consumer interest groups for the food industry to produce foods that are "preservative-free" or "additive-free," food additives continue to play a major role in nutritional and sensory quality and safety of foods produced worldwide. In recent years, even food processors have been desirous of marketing foods with "green" labels (i.e., containing fewer additives). This has driven food processors to examine natural compounds as food additives.

When the first edition of *Food Additives* was published, terms such as probiotics, functional foods, nutraceuticals, and enteral nutrition products were essentially unknown. They are now commonplace, and food additives are playing a role in the production, maintenance, and safety of these products. Home meal replacement and refrigerated processed foods of extended durability (REPFED) have required the use of additives to maintain nutritional quality, sensory characteristics, and microbiological safety. Genetic engineering has played a role in food additives by making a few biologically derived compounds more available or less expensive. This area has great potential for growth.

In the 21st century, food additives continue to play an important role in the global food supply.

However, much still needs to be learned about existing food additives as well as potential novel food additives that exist in nature.

The original objective of *Food Additives* was to provide organized information on the various classes of intentional (i.e., added purposely for specific functions) food additives. The book included a general introduction and discussion of the chemistry and chemical analysis of the food additive class, the function and mechanism action, the application of the additive, and toxicological research and concerns. We accomplished that objective by soliciting chapters on all major groups of food additives, including antimicrobial agents, antioxidants, coloring agents, emulsifiers, enzymes, flavoring agents, flavor enhancers, miscellaneous additives, nutritional additives, pH control agents, polysaccharides, and sweeteners. Also presented in the first edition was ancillary information on food additives, risks and benefits, and safety testing. The authors and editors of the first edition were selected from throughout the world to provide an international perspective. The editors wanted the book to be more than just a handbook for food additive applications. Rather, it was designed to be a treatise on these compounds that are so useful in our food supply.

In the second edition of *Food Additives*, we have striven to maintain that comprehensive approach to the subject. We again have solicited chapters on individual groups of food additives but have added several new chapters. The expanded offering includes the division of coloring agents into two chapters: synthetic food colorants (Chapter 16) and natural color additives (Chapter 17), and other new chapters on antibrowning agents (Chapter 19), commercial starches (Chapter 24), essential fatty acids (Chapter 10), fat substitutes and replacers (Chapter 11) and phosphates (Chapter 25). Another chapter (Chapter 12) discusses food additives for special dietary purposes such as in functional foods, engineering of clinical nutrition products, and probiotics.

Ancillary information has been significantly increased to reflect the interests of processors, consumer interest groups, and researchers in the many issues regarding food additives. In addition to updating the original discussions of intake assessment, risks and benefits, and hypersensitivity, several new chapters on these topics have been added. Consumer perception of food additives is discussed in Chapter 6. The role of food additives in behavior, learning, activity, and sleep of children is covered in Chapter 5. Two extremely useful chapters review food additive regulations in the European Union (Chapter 7) and the United States (Chapter 8). As in the first edition, the work is truly an international collaboration. Authors come from Europe, North America, Africa, Asia, and Australia, giving the book a global viewpoint.

In summary, we feel that the reader will see the second edition of *Food Additives* not just as an update but as an even more useful tool on the application and scientific study of food additives. It remains useful to those in universities, regulatory organizations, consumer interest groups, and food processing companies and their allied organizations. As was stated in the first edition preface, this book should provide a "basis for practical selection" of the appropriate additive for a particular food use, improve understanding of the risks and benefits of the many food additives used worldwide, aid in identification of additives requiring further research, and allow for understanding of the role of government in regulation of food additives.

Finally, we wish to express our sincerest gratitude to the chapter authors. Without their conscientious and diligent efforts, this work would not have been possible.

A. Larry Branen P. Michael Davidson Seppo Salminen John H. Thorngate III

Preface to the First Edition

Food additives have been used for centuries to enhance the quality of food products. Smoke, alcohol, vinegar, oils, and spice were used more than 10,000 years ago to preserve foods. Until the time of the Industrial Revolution, these and a limited number of other chemicals were the major food additives used. The Industrial Revolution brought many changes to the food supply, including a better understanding of foods and a demand for both an increased quantity and quality. This resulted in the development of a variety of chemicals which were used to preserve, as well as enhance, the color, flavor, and texture of foods. The development of the land-grant university system in the late 1800s, and the subsequent interest in food chemistry and preservation, significantly increased the knowledge and use of food additives. With this increased technology, as well as the increased standards of living demanded by the population, additive usage in foods significantly increased in the 1950s. By the early 1960s, over 2500 different chemicals were being used in foods and in the United States the per capita consumption of these chemicals was estimated to exceed three pounds, excluding salt and sugar. The demand for new, tasty, convenient, and nutritious foods continued to increase from that time until today, and now in the United States alone, over 2500 different additives are being used to help produce over 15,000 different food items. The estimated consumption of such additives has increased from three to nine pounds per capita per year.

There has always been some concern regarding the safety of consuming the additives used in foods. Even in the early 1200s, it is reported that kings hired garglers to test the foods and several books were written in the early 1800s regarding food safety. The first real concern regarding additives, however, was expressed by Dr. Wiley when he was hired in the early 1900s as the Head of the Bureau of Chemistry of the U.S. Department of Agriculture. The work of Dr. Wiley and his so-called "poison squad" led to the first regulations to control the use of food additives. The 1906 Pure Food and Drug Act, which led to the 1938 development of the Federal Food, Drug, and Cosmetic Act, had a direct impact on additive use. Although this early legislation provided some control, implementation of these laws by the FDA was limited by the ambiguous legislative standard of "harmfulness," the fact that the burden of proof was on the FDA, and the lack of scientific knowledge of safety evaluation. Thus, the greatest legal impact on food additive use did not occur until the passage of the 1958 Food Additives Amendment. This amendment, which was followed by the 1960 Color Additives Amendment, remedied limitations of the earlier legislation by shifting the burden of proving safety to the manufacturer of the food and requiring premarketing safety data on all additives. The 1958 amendment also included the controversial "GRAS" list and Delaney Amendment, and utilized a more restrictive and less ambiguous terminology by shifting from "harmfulness" to "safety."

Passage of the 1958 legislation and increasing knowledge of toxicology in the 1960s and 1970s brought greater attention to the possible risks of additives. These concerns were enhanced by books such as Rachel Carson's *Silent Spring* and *The Chemical Feast* by James Turner. The increase of consumerism and the anti-establishment views of the 1970s led to a continuing controversy over additives among scientists, lawyers, consumer advocates, and policy makers. The legislation and controversy surrounding additives resulted in the banning of some chemicals as well as a lessened submission of new chemicals for approval. During the period from 1960 to 1980, very few chemicals were approved for use while several were banned.

A significant event in food additive safety review was the call for total review of the GRAS list by President Nixon in 1972. This review led to new regulations regarding several additives, but also led to an affirmation of the safety of several others. These studies and others provided a clearer understanding of both the risks and benefits of additives.

An event that called the greatest attention to the balance of risks and benefits of food additives was the U.S. Senate moratorium on the proposed ban of saccharin by the FDA. The moratorium was essentially the first political recognition of the importance of balancing the potential risks of an additive against its perceived benefits and allowing the customer the choice of balancing the benefits and the risks. The moratorium has continued for several years and has undoubtedly had a significant impact on the continued and proposed uses of additives.

Concern regarding the safety of additives has declined in the United States since enactment of the saccharin moratorium. This, plus a changing political trend away from consumerism and more responsible use of additives by manufacturers, has lessened the controversy regarding additives. The potential risks of additives are well recognized, but the benefits these additives play in food production, processing, and utilization are also felt to be essential to the maintenance of current food systems. With the convenient, tasty, and nutritious foods demanded, or at least desired, by consumers, and the increasing overall demand for foods as populations increase, food additives will continue to play an important and essential role in food production. There will, however, also be concern regarding the potential long-term risks associated with long-term consumption of small amounts of these chemicals and possible interactive toxicological effects. As methods improve for evaluating these toxicological effects, some additives may be banned. At the same time, this information may be used to develop safer new additives or techniques for using existing additives in a way that will lessen risk.

As we enter an age with the referendum to balance risks versus benefits, it is mandatory that a book detailing the most recent information regarding additives be made available. It is the intent of this book to provide the most up-to-date information available on a worldwide basis. Authors and the editors have been selected from throughout the world so as to bring an international perspective to this work. This is especially important since current regulations, additive use, and approaches to toxicological evaluation differ worldwide. We hope this work can serve to overcome the barriers that sometimes cause misunderstanding in the additive issue.

The book includes an overview of the use and consumption of food additives: a specific discussion of each of the major food additive categories; and information on the safety evaluation of food additives. The first two chapters provide an introduction to the food additives and current information on food additive intakes. In Chapters 3 through 14, specific information is provided on the major food additive categories. Each chapter contains a general introduction and discussion of the chemistry and chemical analysis, the function and mechanism of action, the uses and regulations governing use, and toxicological concerns of each additive category. The final three chapters provide a current view on the safety of food additive use. The first chapter in this section (Chapter 15) describes methods for safety evaluation. Hypersensitivity to additives is discussed in Chapter 16 and the final chapter provides a discussion on balancing risks and benefits of foods and food additives.

The book should be useful to those in universities, governmental organizations, consumer groups, and food companies. It should provide a basis for practical selection of additives for use in foods, for understanding the benefits and risks of the more than 2500 additives in use worldwide,

for selection of additives needing further study and research, and for understanding the role of governments in determining use of food additives. The reader is also referred to other major works on the risks and benefits of additives, including the *Handbook of Food Additives*, published several years ago by the Chemical Rubber Company.

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