Food additives

What are they for?

They are used to improve freshness, taste, texture or appearance of various food.



They are substances used in the food industry during the preparation, storage and marketing of products intended for human consumption.

The most common additives and the harmful effects

- Artificial dyes
- Preservatives
- Flavour enhancers
- Emulsifying substances
- Sugars and artificial sweeteners



Examples of common foods with harmful additives

- Packaged snacks
- Carbonated drinks and energy drinks
- Realdy meals
- Processed meat(cold cuts,sausages,wurstel)
- Packaged sweets
- Ready-made sauces and seasonings

What can we do to reduce the consumption of harmful additives?

Read labels, prefer fresh and unprocessed food, choose organic products and limit consumption of processed food to avoid allergies and intolerances, neurological disorders, digestive problems and the risk of developing long-term cancers.

