Lorenzo Di Santo

What is a food additive?

1. They can be **natural** or **synthetic**
2. They must meet **safety** and nutritional standards by law.
3. The use of additives is regulated by the **EFSA**



Food additives are substances added to **improve food's quality**, taste or shelf life.

Additives must:

- maintain the nutritional quality
- meet special needs
- not hide poor ingredients

Food labels

- Type of additives
- Its function
- The substance used
- E+ reference number

What can we do?

- choose fresh foods
- choose simple ingredients
- read labels products
- grow some vegetables or fruit plants
- partecipate in awareness campaigns



