

Colour guide →

PICTURE OF
SOURCE (natural
compounds only)
OR CHEMICAL
STRUCTURE

E-number

Chemical name

Description and quick facts



E100

Curcumin

Found in turmeric roots. Buddhist monks have used E100 to dye their robes for centuries. Stains clothes well.



E101

Riboflavin

Vitamin B2. Adults require at least 1.2mg daily. Deficiency can cause mouth ulcers and a sore throat. Produced by microbes, animals and plants.

E104

Quinoline yellow

Synthetic. Also under scrutiny by the Food Standards Agency for the same reasons as E102.



E110

Sunset Yellow FCF

Synthetic azo dye. The FSA is considering banning E110 because it sometimes contains traces of a carcinogen called Sudan I.



E120

Cochineal

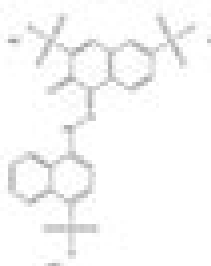
Crushed female cochineal insects mixed with alum to produce a crimson-coloured aluminium salt.



E123

Amaranth

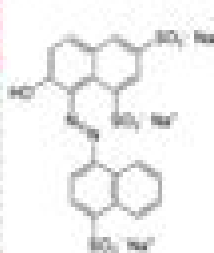
Synthetic azo dye. Allergenic and thus not recommended for children. Named after a similar-coloured plant with the same name. Banned in USA.



E124

Ponceau 4R

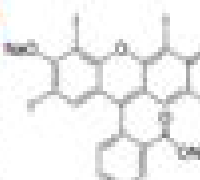
Synthetic azo dye. Can intensify asthma and elicit intolerance in people allergic to aspirin. Banned in many countries including the USA.



E127

Erythrosine

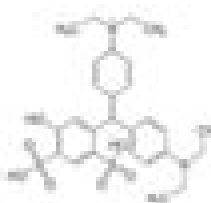
Synthetic. Breaks down above 200°C and releases iodine, which can interfere with thyroid function. Banned in the USA.



E131

Patent Blue V

Synthetic dye also used in dental tablets to help people brush their teeth. Banned in Australia and in the USA as a food additive.



E132

Indigo dye

Has been used to dye jeans blue for centuries. Originally obtained naturally from rare indigo plants, E132 is now produced cheaply in the lab.



E133

Brilliant Blue FCF

Synthetic. Usually mixed with E102 to make green, which is used in processed peas, Listerine mouthwash and Blue Curacao liqueur.



E141

Chlorophyll copper complexes

Modified chlorophyll E141



E142

Green S

Synthetic. Also used as a vital dye in the lab to stain lipids.



E150a

Plain caramel

Caramel. Melted, slightly



Chemistry Of Food Labels

Henry Brooks



Chemistry Of Food Labels:

Introduction to the Chemistry of Food Michael Zeece, 2020-01-30 Introduction to the Chemistry of Food describes the molecular composition of food and the chemistry of its components. It provides students with an understanding of chemical and biochemical reactions that impact food quality and contribute to wellness. This innovative approach enables students in food science, nutrition, and culinology to better understand the role of chemistry in food. Specifically, the text provides background in food composition, demonstrates how chemistry impacts quality, and highlights its role in creating novel foods. Each chapter contains a review section with suggested learning activities. Text and supplemental materials can be used in traditional face-to-face, distance, or blended learning formats. Describes the major and minor components of food. Explains the functional properties contributed by proteins, carbohydrates, and lipids in food. Explores the chemical and enzymatic reactions affecting food attributes: color, flavor, and nutritional quality. Describes the gut microbiome and influence of food components on its microbial population. Reviews major food systems and novel sources of food protein.

Understanding the Science of Food Sharon Croxford, 2020-07-16 Being able to understand the principles of food science is vital for the study of food, nutrition, and the culinary arts. In this innovative text, the authors explain in straightforward and accessible terms the theory and application of chemistry to these fields. The key processes in food preparation and the chemistry behind them are described in detail, including denaturation and coagulation of proteins, gelatinisation, gelation, and retrogradation of starches, thickening and gelling, browning reactions, emulsification, foams, and spherification, chemical, mechanical, and biological leaveners, and fermentation and preservation. The text also describes the science of key cooking techniques, the science of the senses, and the experience of food, food regulations, and the future of healthy food. The origins of food are explored through a focus on the primary production of key staples and their journey to the table. Tips and advice from leading chefs, as well as insights into emerging food science and cutting-edge nutrition research from around the world, are included throughout and reveal both the practical application of food chemistry and the importance of this field. Featuring explanatory diagrams and illustrations throughout, *Understanding the Science of Food* is destined to become an essential reference for both students and professionals. An innovative and informative text that will address the need for a food science text suitable for nutrition and dietetics students in Australia. Katherine Hanna, Faculty of Health, Queensland University of Technology. A unique and timely text that will be welcomed by students, instructors, and scientists in multiple disciplines. I am thrilled to see such a modern take on the subject, blending the fundamentals of food science and chemistry with the insights and experience of practitioners from the culinary arts. Patrick Spicer, lecturer and researcher in food science.

The science of food Henry Brooks, 2023-06-06 *The Science of Food: From Chemistry to Nutrition* is a comprehensive book that explores the fascinating and complex world of human nutrition. Through in-depth analysis, the book traces a path from the chemistry of food to the importance of nutrition for well-being and health. In the first part of the book, the chemical elements that make up food are

examined The chemical reactions involved in food preparation are explored and the properties of ingredients that give flavor texture and color to dishes are analyzed The focus then shifts to human nutrition in the second part The fundamental principles of balanced eating are explained and the different nutritional needs based on age gender and physical activity are addressed The book provides information on various nutrient classes such as carbohydrates proteins fats vitamins and minerals explaining their roles in the proper functioning of our bodies In addition to providing a solid foundation of scientific knowledge The Science of Food also presents practical aspects and helpful advice for adopting healthier eating habits It examines healthier cooking methods recommended portions and strategies for managing food excesses Furthermore the book addresses topics such as food intolerances special diets and the importance of properly reading food labels With a clear and accessible approach The Science of Food From Chemistry to Nutrition is aimed at anyone interested in understanding the link between what we eat and our health Through a scientific and informative perspective the book provides the necessary tools to make informed decisions about one's diet and enjoy a healthy and balanced life

Food Labelling J R

Blanchfield,2000-07-25 J Ralph Blanchfield has brought together a distinguished panel of European and American experts from industry and academia Together they provide a comprehensive guide to producing labelling that complies with existing legislation and satisfies the needs of all interested parties Food labelling also provides a valuable insight into possible future developments The book deals with each aspect of food labelling from the EU and USA perspectives in turn The legislative requirements for both are fully examined in sections written by experts from the UK Ministry of Agriculture Fisheries and Food and the US Food and Drug Administration respectively There are chapters on major themes including the declaration of ingredients and additives durability indication nutrition information and nutrition and health claims Readers will find answers to the questions raised by the issues of Genetically Modified and irradiated foods and ingredients as well as guides to good international practice in design multi lingual requirements shelf life issues traceability and instructions for storage and use Food labelling is an invaluable guide for food processors those concerned with food law and regulation and all those involved in selling food products in the European Union United States and throughout the rest of the world Current legislation on the labelling of food products in the EU and US Full coverage of US and EU labelling regulations in a single source Controversial issue of labelling genetically modified and irradiated ingredients and foods

Food Science

Edelstein,2018-01-16 The science of food is discussed within the broader context of the world's food supply Food Science An Ecological Approach explores the idea of global sustainability and examines the ecological problems that challenge our food supply and raise increasing concerns among consumers

Encyclopedia of Food Chemistry ,2018-11-22 Encyclopedia of Food Chemistry Three Volume Set is the ideal primer for food scientists researchers students and young professionals who want to acquaint themselves with food chemistry Well organized clearly written and abundantly referenced the book provides a foundation for readers to understand the principles concepts and techniques used in food chemistry applications Articles

are written by international experts and cover a wide range of topics including food chemistry food components and their interactions properties flavor aroma texture the structure of food functional foods processing storage nanoparticles for food use antioxidants the Maillard and Strecker reactions process derived contaminants and the detection of economically motivated food adulteration The encyclopedia will provide readers with an introduction to specific topics within the wider context of food chemistry as well as helping them identify the links between the various sub topics Offers readers a comprehensive understanding of food chemistry and the various connections between the sub topics Provides an authoritative introduction for non specialists and readers from undergraduate levels and upwards Meticulously organized with articles structured logically based on the various elements of food chemistry

Chemistry Jerry A. Bell, American Chemical Society, 2005 The American Chemical Society has launched an activities based student centered approach to the general chemistry course a textbook covering all the traditional general chemistry topics but arranged in a molecular context appropriate for biology environmental and engineering students Written by industry chemists and educators Chemistry combines cooperative learning strategies and active learning techniques with a powerful media supplements package to create an effective introductory text Online description

Food Science with a Focus on Nutrition Aadinath Pothuvaal, 2025-01-23 Food Science with a Focus on Nutrition provides a detailed exploration of food science and its vital connection to human nutrition Divided into six informative chapters this book covers essential topics such as the various streams of food science the importance of nutrition and the role of key nutrients like vitamins carbohydrates proteins minerals and water in maintaining health and well being In addition to the scientific principles of nutrition the book offers practical insights into education and career opportunities in the field of food science and nutrition It highlights the skills required potential job roles and salary prospects serving as a valuable guide for aspiring professionals Whether you are a student nutrition enthusiast or someone exploring a career in food science this book is an excellent resource to deepen your understanding and build a successful future

Elementary Food Science Richard Owusu-Apenten, Ernest R. Vieira, 2022-05-28 Following the success of the popular introductory text Elementary Food Science 5th edition covers a broad range of food science topics organized in four parts Part 1 Interrelated food science topics Part 2 Food safety GMP is described independently and as a prerequisite for HACCP VACCP and TACCP food safety management systems Part 3 contains two new chapters dealing with basic aspects of food processing and the quality of dried foods Part 4 covers handling and processing major food commodity groups meat dairy products poultry and eggs fish and shellfish cereal grains bakery products fruits and vegetables sugar confectionery A new final chapter covers the food service industry The text highlights food science links with industry uniquely using the North American Industry Classification System NAICS Overall the book is thoroughly modernized with over 1500 references cited in recognition of thousands of named food scientists and other professionals The target readership remain unchanged for the current edition i.e. Students of food science from senior high

school colleges or universities Sections of the book will also appeal to advanced readers from other disciplines with perhaps little or no prior food science experience Additionally readers covering the intersection of food science with culinary arts food services and nutrition or public health will find the book useful Food Analysis Suzanne Nielsen, 2003-04-30 This book provides information on the techniques needed to analyze foods in laboratory experiments All topics covered include information on the basic principles procedures advantages limitations and applications This book is ideal for undergraduate courses in food analysis and is also an invaluable reference to professionals in the food industry General information is provided on regulations standards labeling sampling and data handling as background for chapters on specific methods to determine the chemical composition and characteristics of foods Large expanded sections on spectroscopy and chromatography are also included Other methods and instrumentation such as thermal analysis selective electrodes enzymes and immunoassays are covered from the perspective of their use in the chemical analysis of foods A helpful Instructor's Manual is available to adopting professors

Embracing the Song of Term: An Emotional Symphony within **Chemistry Of Food Labels**

In a global consumed by screens and the ceaseless chatter of fast interaction, the melodic beauty and emotional symphony produced by the written word usually diminish in to the back ground, eclipsed by the relentless noise and distractions that permeate our lives. But, set within the pages of **Chemistry Of Food Labels** an enchanting literary prize overflowing with raw thoughts, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, this fascinating masterpiece conducts readers on a mental journey, well unraveling the hidden melodies and profound affect resonating within each cautiously constructed phrase. Within the depths with this emotional examination, we will examine the book is key harmonies, analyze its enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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