

Food Additives: Uses & Health Concerns

Chemical	Food-Related Use	Selected Health Concerns
Bisphenol A (BPA)	• Hardens plastic containers • Prevents rust on metal food and beverage cans	• Can act like estrogen in the body and may change the timing of puberty, decrease fertility, increase body fat, and possibly affect the nervous and immune systems
Phthalates	• Makes plastic and vinyl flexible for use in plastic tubing • Used in industrial food production	• Can affect male genital development increase childhood obesity and metabolic function, and may affect the cardiovascular system
Perfluoroalkyl chemicals (PFCs)	• Creates grease-proof paper and cardboard in food packaging	• Can reduce immune response, birth weight, and fertility • May also cause changes to the thyroid hormone system, which is crucial for metabolism, digestion, muscle control, brain development, and bone strength
Perchlorate	• Controls static electricity in some dry food packaging	• May interfere with thyroid hormone, affecting early life brain development and growth
Synthetic artificial food colors (AFCs)	• Helps improve the appearance of processed foods and beverages— common in children's food products	• Can sometimes act as substitute for nutritious ingredients, such as in fruit juice drinks that contain little or no actual fruit • May have effects on child behavior and attention
Nitrates/nitrites	• Preservative and color enhancer— especially to cured and processed meats, fish, and cheese	• Linked with tumors in the digestive and nervous system, as well as thyroid problems • Can cause methemoglobinemia in infants and toddlers • Can interfere with the blood's ability to deliver oxygen in the body

Chemical Cuisine Your Guide To Food Additives

Judd E. Hollander



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