

# Food Additives

## PRESERVATIVES

Sugar  
Salt  
Nitrites  
Nitrates  
Potassium Sorbate

### Sulfites:

*Potassium metabisulfite*  
*Potassium bisulfite*  
*Sulfur dioxide*  
*Sodium bisulfite*  
*Sodium meta bisulfite*  
*Sodium sulfite*

BHA  
BHT

## NUTRIENTS

B vitamins  
Vitamin C  
Vitamin E  
Calcium  
Iron  
Iodine

## COLORS

Annato  
Carotene  
Beet powder or juice  
Grape skins  
Carmel  
Indigotine  
Erythrosine

## TEXTURE

### Emulsifiers:

*Lecithin*  
*Alginates*  
*Mono-glycerides*  
*Di-glycerides*

### Gums:

*Carrageenan*  
*Alginates*  
*Locust Bean Gum*  
*Agar*  
*Pectin*  
*Gum Arabic*  
*Cellulose*  
*Xanthun Gum*

## FLAVORS

Herbs  
Spices  
Fruit Juices  
MSG  
Salt  
Sugars

### Artificial Sweeteners:

*Aspartame*  
*Acesulfame*  
*Cyclamate*  
*Saccharin*  
*Sucralose*  
*Stevia*  
*Sorbitol*  
*Xylitol*  
*Mannitol*