

Viewpoint: 10 food additives that show ‘chemicals’ in our food are useful, not dangerous

Education and fear can't go together, so let's examine what some of the most common food additives are and what you should know about them.

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Sodium Sulfites: Sulfites are a preservative. They release sulphur dioxide, an (irritant) gas. [That's why they can cause allergy-like symptoms in people with asthma or allergic rhinitis.](#)

You'll find this preservative in most wines, as sulfites stop the fermentation process.

Sodium Nitrite and Sodium Nitrate: Sodium Nitrite is a salt, an anti-oxidant, and a meat preservative. It stops bacteria like listeria from growing in processed meats such as ham, bacon, and frankfurters. It particularly prevents the growth of botulinum bacteria.

These bacteria produce a toxin that can be fatal – you really don't want them in your food. Haven't heard of botulism? That's because of preservatives like sodium nitrite.

BHA and BHT: Butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT) are antioxidants that prevent the oxidation of foods (usually edible fats, vegetable oils and salad dressings) that results rancidity or discoloration.

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We're so lucky to live in places with abundant food and in an era where food is safer, lasts longer, is more nutritious, more appealing, and at the end of the day, well-regulated.

[Click the link below to see the full list]

The GLP aggregated and excerpted this article to reflect the diversity of news, opinion and analysis. Read full, original post: [10 Common Food Additives: What You Need To Know](#)