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## **Food Additives – Yes or No?**

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Ph.D.

## **FOOD ADDITIVES – YES OR NO?**

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Food industry is the most prosperous industry all over the world because the food is essential for living organisms. The storage and preservation of food have been in focus since the ancient past. Nowadays, the advantages and disadvantages of the food additives have been widely discussed. Some of food additives are added for their colour in various food products. However, these additives have to be added in a small amount because of their potential negative influence on an organism. While some of the food additives are desirable for our health such as E 300–304 (vitamin C and its derivative), E 306–309 (tocopherols), E322 (lecithin), E 101 (vitamin B2) etc. The aim of this contribution is to show the advantages or disadvantages of the food additives. Moreover, collected information brought the main conclusion how the public should look at composition of the nutrition.

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