

Associate Parliamentary Food & Health Forum

# Food Additives - Natural or artificial?

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## Summary

1. Overview of LFI
2. Our Portfolio
3. Food additives
  - Why are they used?
4. Clean labels
  - Natural versus artificial
5. Conclusions



# Overview of LFI

LFI established as Research Association in 1919 to carry out research for the UK Food Industry

- Membership of over 1000 food companies
- Staff of 200 scientists & knowledge experts
- 110,000 sq feet of laboratories, pilot plant, training and conference facilities

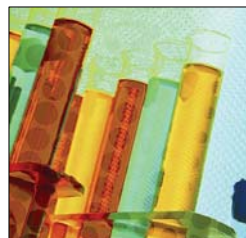


## Some of our 1000 Members



# Our Portfolio

*Research, Consultancy and Testing Services for the Food Industry*



## Research

For Government & Industry

- Food Innovation
  - Ingredients, additives and NPD
- Nutrition
  - Satiety, bioavailability, health claim substantiation
- Food Safety
  - Preservation, probiotics, food poisoning, authenticity



# Consultancy

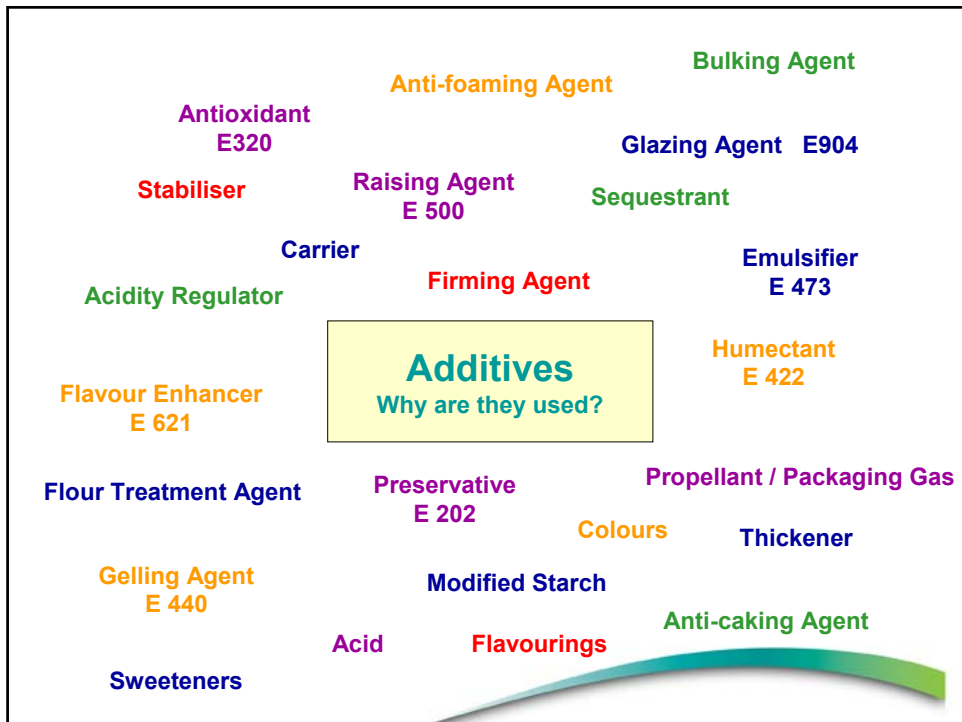
- Global Food Legislation.
  - Expert advice on UK, EC and international food regulations and labelling
  
- Market Intelligence
  - Global food market sizes, consumption trends and product launches
  
- Technical
  - Any scientific or technical issue, e.g. food safety, nutrition, patent alerts, process innovation, packaging, allergies.



# Testing Services

- Cooking instructions validation
- Sensory assessment
- Microscopy
- Allergen detection
- Microbiological examination
- Nutritional analysis





## The “Southampton Six”



*“These sweets may look bright and cheerful, but the vivid colours are often produced using artificial colourings, including those linked to hyperactivity in children.”*

Action for additives

- E102 Tartrazine**
- E104 Quinoline Yellow**
- E110 Sunset Yellow**
- E122 Carmoisine**
- E124 Ponceau 4R**
- E129 Allura Red**

# Clean Labelling Trend



- Clean Labelling Trend:
  - E numbers: not desirable
  - Simple, familiar ingredients
  - Partially led by lack of knowledge of consumers.
  - Trend is mostly driven by retailers
  - UK – many manufacturers/retailers already comply

# Natural versus artificial



- Emulsifiers
  - Lecithin, soya protein
- Antioxidants
  - Grape seed, chestnut, olive leaf extracts
- Colours
  - Lycopene, anthocyanin, chlorophyll
- Preservatives
  - Cinnamic acid, carvacol, chitosan, lysozyme.

# Regulatory Status of Natural Alternatives?



## Not regulated

- FSA criteria for fresh, pure, natural etc.
- EC 258/97 Novel Food Ingredients

## Example: Rosemary extract

- Generally accepted as a flavouring in foodstuffs with secondary antioxidant properties
- Deodorised rosemary extract - processed to optimise antioxidant properties
- EC authorisation needed if mainly used as an antioxidant

## LFI Additives Publications

- Essential guide to food additives
  - RSC publishing, 2008
- Food Colours
  - Blackwell publishing, 2008
- Sweeteners
  - Blackwell Publishing, 2008
- The Food Additives Market
  - Global Trends and Developments, LFI, April 2008



# Conclusions



- Additives help consumer choice, ease & convenience
- Natural is not necessarily more healthy
  - E numbers all have full toxicology data, naturals do not!
- E numbers are not necessarily bad
  - Citric, acetic, ascorbic acid, sodium bicarbonate.
- Additives are useful – we still need them!

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