

FOOD ADDITIVES: ROLE, REGULATION AND HEALTH EFFECTS

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Abstract

Current trends show that the continuous evolution of technology and the consumption of packaged foods in modern society leads to an increase in the use and need of food additives. In the last 50 years, the development of science and food technology has led to the discovery of many new substances that can perform numerous functions in food processing and preservation.

More than 2000 additives are used worldwide. This problem is in the attention of specialists because chemical additives are substances foreign to the body, they raise problems of their metabolism and neutralization and as a result, they have negative effects.

Eating highly processed and refined foods affects health. More than 40% of annual deaths in Europe are determined by medical or surgical pathologies (heart disease, cancer associated with obesity, diabetes, etc.) that are correlated with an unhealthy diet, which shows us that the population still exposes itself to dietary risks, without knows their effects.

Key words: *additives, foods, quality, dyes*