

Food Additive Categories	Function	Used In	Example of Names on Product Labels
Anti-caking agents	Keep powdered foods free-flowing, prevent moisture absorption	Salt, baking powder, confectioner's sugar	Calcium silicate, iron ammonium citrate, silicon dioxide
Color Additives	Offset color loss due to exposure to light, air, temperature extremes, moisture and storage conditions; correct natural variations in color; enhance colors that occur naturally; provide color to colorless and "fun" foods	Many processed foods, (candies, snack foods margarine, cheese, soft drinks, jams/jellies, gelatins, pudding and pie fillings)	FD&C Blue Nos. 1 and 2, FD&C Green No. 3, FD&C Red Nos. 3 and 40, FD&C Yellow Nos. 5 and 6, Orange B, Citrus Red No. 2, annatto extract, beta-carotene, grape skin extract, cochineal extract or carmine, paprika oleoresin, caramel color, fruit and vegetable juices, saffron (Note: Exempt color additives are not required to be declared by name on labels but may be declared simply as colorings or color added)
Dough Strengtheners and Conditioners	Produce more stable dough	Breads and other baked goods	Ammonium sulfate, azodicarbonamide, L-cysteine
Emulsifiers	Allow smooth mixing of ingredients, prevent separation Keep emulsified products stable, reduce stickiness, control crystallization, keep ingredients dispersed, and to help products dissolve more easily	Salad dressings, peanut butter, chocolate, margarine, frozen desserts	Soy lecithin, mono- and diglycerides, egg yolks, polysorbates, sorbitan monostearate
Enzyme Preparations	Modify proteins, polysaccharides and fats	Cheese, dairy products, meat	Enzymes, lactase, papain, rennet, chymosin

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Fat Replacers (and components of formulations used to replace fats)	Provide expected texture and a creamy "mouth-feel" in reduced-fat foods	Baked goods, dressings, frozen desserts, confections, cake and dessert mixes, dairy products	Olestra, cellulose gel, carrageenan, polydextrose, modified food starch, microparticulated egg white protein, guar gum, xanthan gum, whey protein concentrate
Firming Agents	Maintain crispness and firmness	Processed fruits and vegetables	Calcium chloride, calcium lactate
Flavor Enhancers	Enhance flavors already present in foods (without providing their own separate flavor)	Many processed foods <i>Soft drinks and water</i>	Monosodium glutamate (MSG), hydrolyzed soy protein, autolyzed yeast extract, disodium guanylate or inosinate <i>Caffeine</i>
Flavors and Spices	Add specific flavors (natural and synthetic)	Pudding and pie fillings, gelatin dessert mixes, cake mixes, salad dressings, candies, soft drinks, ice cream, BBQ sauce	Natural flavoring, artificial flavor, and spices
Gases	Serve as propellant, aerate, or create carbonation	Oil cooking spray, whipped cream, carbonated beverages	Carbon dioxide, nitrous oxide
Humectants	Retain moisture	Shredded coconut, marshmallows, soft candies, confections	Glycerin, sorbitol
Leavening Agents	Promote rising of baked goods	Breads and other baked goods	Baking soda, monocalcium phosphate, calcium carbonate

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Nutrients	Replace vitamins and minerals lost in processing (enrichment), add nutrients that may be lacking in the diet (fortification)	Flour, breads, cereals, rice, macaroni, margarine, salt, milk, fruit beverages, energy bars, instant breakfast drinks	Thiamine hydrochloride, riboflavin (Vitamin B ₂), niacin, niacinamide, folate or folic acid, beta carotene, potassium iodide, iron or ferrous sulfate, alpha tocopherols, ascorbic acid, Vitamin D, amino acids (L-tryptophan, L-lysine, L-leucine, L-methionine)
pH Control Agents and acidulants	Control acidity and alkalinity, prevent spoilage	Beverages, frozen desserts, chocolate, low acid canned foods, baking powder	Lactic acid, citric acid, ammonium hydroxide, sodium carbonate
Preservatives	Prevent food spoilage from bacteria, molds, fungi, or yeast (antimicrobials); slow or prevent changes in color, flavor, or texture and delay rancidity (antioxidants); maintain freshness	Fruit sauces and jellies, beverages, baked goods, cured meats, oils and margarines, cereals, dressings, snack foods, fruits and vegetables	Ascorbic acid, citric acid, sodium benzoate, calcium propionate, sodium erythorbate, sodium nitrite, calcium sorbate, potassium sorbate, BHA, BHT, EDTA, tocopherols (Vitamin E)
Stabilizers and Thickeners, Binders, Texturizers	Produce uniform texture, improve "mouth-feel"	Frozen desserts, dairy products, cakes, pudding and gelatin mixes, dressings, jams and jellies, sauces	Gelatin, pectin, guar gum, carrageenan, xanthan gum, whey

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Sweeteners	Add sweetness with extra calories	Beverages, baked goods, confections, table-top sugar, many processed foods	Sucrose (sugar), glucose, dextrose, fructose, corn syrup, high fructose corn syrup, molasses, maple syrup, evaporated cane juice, honey
Artificial Sweeteners	Add sweetness without extra calories	Sugar-free baked goods, sugar substitutes, low-calorie foods, diet sodas, sugar-free chewing gum	Saccharin, aspartame, sucralose, acesulfame potassium (acesulfame-K), neotame, sorbitol, mannitol, xylitol
Yeast Nutrients	Promote growth of yeast	Breads and other baked goods	Calcium sulfate, ammonium phosphate

Chart adapted from FDA, Food Ingredients and Colors (<http://www.fda.gov/food/foodingredientspackaging>)