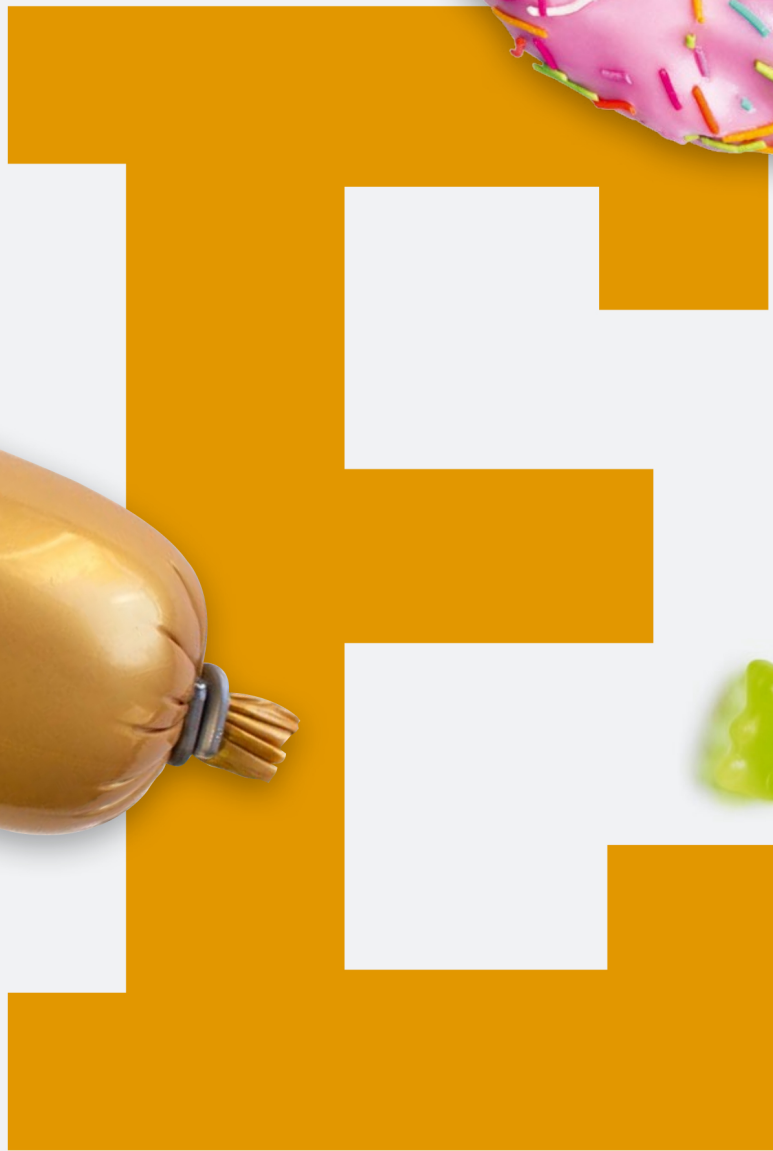


Big

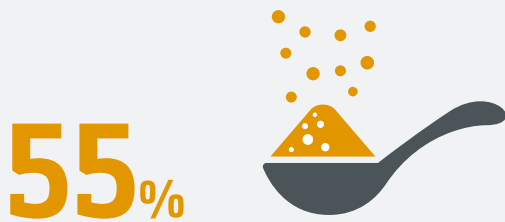


– big scepticism?

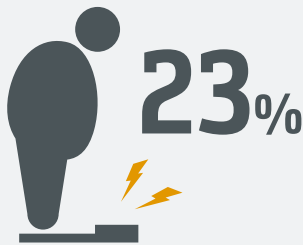
Additives are found in numerous processed foods and usually appear in the list of ingredients as E-numbers. How important are the functions of additives to the population in Germany? A representative survey conducted by the German Federal Institute for Risk Assessment (BfR) yields new figures.

Underlying study:
Representative online survey of 1,015 people (German-speaking population aged 16 and above) in May 2021

48% see a **great benefit** in preservatives, while 44% also presume that they pose a **great health risk**. The respondents attributed the latter primarily to sweeteners (54%) and flavour enhancers (47%).



More than **half of the respondents** state that they avoid certain additives when buying food – most often **flavour enhancers** (84%) followed by **sweeteners** (69%).



Intolerances (27%) and **possible cancers** (26%) are the most commonly stated health risks associated with food additives. These are followed by the concern that food additives may promote **obesity** (23%).



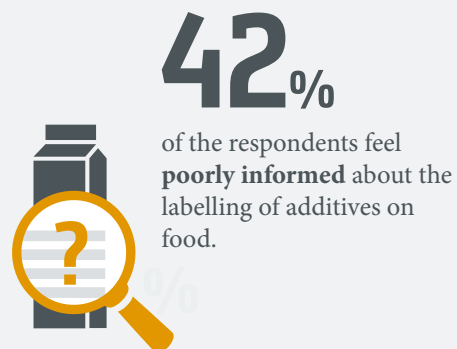
respondents (74%) consider it important for food to have a **nice texture**. An **appealing appearance** (70%) and **intense flavour** (66%) are also considered essential.

Additives in Food

E 951, E 621, E 160a or E 270 ... This is how cryptically experts refer to food additives. Meant are sweeteners, flavour enhancers, dyes and preservatives. Approved in the EU, they carry E-numbers. According to the German Federal Office of Consumer Protection and Food Safety, there are currently around 320 of them. An additive does not constitute an ingredient of the food – it is added for technological purposes and affects, for example, the appearance, flavour, texture, and shelf life of the product. A food additive is approved in the EU only if it has been deemed harmless to health and as being technologically necessary. Moreover, consumers must not be misled by the use of an additive.



greatly value **natural ingredients** when buying food.



of the respondents feel **poorly informed** about the labelling of additives on food.

More information:
www.bfr.bund.de/en > Publications > BfR Consumer Monitor > BfR Consumer Monitor 2021, Special Additives in Food