

## Types of Food Ingredients

The following summary lists the types of common food ingredients, why they are used, and some examples of the names that can be found on product labels. Some additives are used for more than one purpose.

Types of Ingredients	What They Do	Examples of Uses	Names Found on Product Labels
<b>Preservatives</b>	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)
<b>Sweeteners</b>	Add sweetness with or without the extra calories	Beverages, baked goods, confections, table-top sugar, substitutes, many processed foods	Sucrose (sugar), glucose, fructose, sorbitol, mannitol, corn syrup, high fructose corn syrup, saccharin, aspartame, sucralose, acesulfame potassium (acesulfame-K), neotame
<b>Color Additives</b>	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)
<b>Flavors and</b>	Add specific flavors (natural	Pudding and pie fillings, gelatin dessert	Natural flavoring, artificial flavor, and

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<b>Spices</b>	and synthetic)	mixes, cake mixes, salad dressings, candies, soft drinks, ice cream, BBQ sauce	spices
<b>Flavor Enhancers</b>	Enhance flavors already present in foods (without providing their own separate flavor)	Many processed foods	Monosodium glutamate (MSG), hydrolyzed soy protein, autolyzed yeast extract, disodium guanylate or inosinate
<b>Fat Replacers (and components of formulations used to replace fats)</b>	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
<b>Nutrients</b>	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 <sub>2</sub> ), 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)
<b>Emulsifiers</b>	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
<b>Stabilizers and Thickeners, Binders, Texturizers</b>	Produce uniform texture, improve "mouth-feel"	Frozen desserts, dairy products, cakes, pudding and gelatin mixes, dressings, jams	Gelatin, pectin, guar gum, carrageenan, xanthan gum, whey

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		and jellies, sauces	
<b>pH Control Agents and acidulants</b>	Control acidity and alkalinity, prevent spoilage	Beverages, frozen desserts, chocolate, low acid canned foods, baking powder	Lactic acid, citric acid, ammonium hydroxide, sodium carbonate
<b>Leavening Agents</b>	Promote rising of baked goods	Breads and other baked goods	Baking soda, monocalcium phosphate, calcium carbonate
<b>Anti-caking agents</b>	Keep powdered foods free-flowing, prevent moisture absorption	Salt, baking powder, confectioner's sugar	Calcium silicate, iron ammonium citrate, silicon dioxide
<b>Humectants</b>	Retain moisture	Shredded coconut, marshmallows, soft candies, confections	Glycerin, sorbitol
<b>Yeast Nutrients</b>	Promote growth of yeast	Breads and other baked goods	Calcium sulfate, ammonium phosphate
<b>Dough Strengtheners and Conditioners</b>	Produce more stable dough	Breads and other baked goods	Ammonium sulfate, azodicarbonamide, L-cysteine
<b>Firming Agents</b>	Maintain crispness and firmness	Processed fruits and vegetables	Calcium chloride, calcium lactate
<b>Enzyme Preparations</b>	Modify proteins, polysaccharides and fats	Cheese, dairy products, meat	Enzymes, lactase, papain, rennet, chymosin
<b>Gases</b>	Serve as propellant, aerate, or create carbonation	Oil cooking spray, whipped cream, carbonated beverages	Carbon dioxide, nitrous oxide