

Additives

		<p>If a food additive has an E number this shows it has passed safety tests and been approved for use throughout the European Union. This approval is monitored, reviewed and amended in the light of new scientific data.</p>
	E100s	<p>Colours are sometimes used to replace the natural colour lost during food processing or storage, or to make products a consistent colour.</p>
	E200s	<p>Preservatives help stop food 'go off' and mean that food can be kept safe for longer. Most food that has a long shelf-life is likely to include preservatives, unless another method of preserving has been used – such as freezing, canning or drying.</p>
	E300s	<p>Antioxidants make foods last longer by helping to stop the fats, oils and certain vitamins from combining with oxygen in the air – this is what makes food taste 'off', become rancid and lose colour.</p>
	E400s	<p>Emulsifiers such as Lecithins (E322), help mix ingredients together that would normally separate, such as oil and water. Stabilisers, such as locust bean gum (E410) made from carob beans, help stop these ingredients from separating again.</p>
	E600s	<p>Flavour enhancers are used to bring out the flavour in a wide range of savoury and sweet foods without adding a flavour of their own.</p>
	E900s	<p>Lower in calories and safer for teeth, sweeteners are often used instead of sugar in products such as fizzy drinks, yoghurt and chewing gum.</p>