

A Review on Food Additives, their Health Effects and Natural Alternatives

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Abstract: *Food additives are substances added to food during processing to enhance flavor, color, texture, and shelf life. While some food additives are considered safe, others have raised concerns about their potential health effects. It's important to read food labels and be aware of the additives in your food. Choosing whole foods and natural alternatives can help reduce your exposure to potentially harmful additives and promote a healthier diet. There are natural alternatives to many food additives.*

Keywords: Food, Food additives, Natural preservative, International Numbering System (INS)

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