

Table 10-5. Daily intake (mg/day/person) of food additives by food category for older adults (over-64 year olds).

Compound	Group A/B *	over-64 year olds							Total Intake
		I. Seasonings and beverages	II. Cereals	III. Potatoes, legumes and nuts	IV. Fish/shellfish and meat	V. Fats/oils and milk/milk products	VI. Sugar and confections/savories	VII. Fruits, vegetables, and seaweeds	
<b>Food Intake (g)</b>		136.66	250.44	159.95	192.19	123.08	32.20	471.26	1365.78
Aspartame	A	0	0	0	0	0	1.7	0	1.7
Xylitol	B	1.3666	0	0	0	0	0.322	0	1.6886
Glycyrrhizine	B	0.1803912	0	0.0911715	0	0	0	0	0.2715627
Sodium saccharin	A	0	0	0	0.29	0	0	0.44	0.73
D-Sorbitol	B	25.9654	47.5836	81.5745	257.5346	0	207.368	311.0316	931.0577
D-Mannitol	B	28.6986	395.6952	119.9625	5.7657	0	3.864	183.7914	737.7774
Amaranth	A	0	0	0	0	0	0	0	0
Erythrosine	A	0	0	0	0.00172971	0	0	0	0.00172971
Allura red AC	A	0	0	0	0	0	0	0	0
New coccine	A	0	0	0	0.00057657	0	0.0000966	0.00424134	0.00491451
Phloxine	A	0	0	0	0	0	0	0	0
Rose bengale	A	0	0	0	0	0	0	0	0
Acid red	A	0	0	0	0	0	0.0001288	0	0.0001288
Tartrazine	A	0	0	0	0	0	0.0008372	0	0.0008372
Sunset yellow FCF	A	0	0	0	0	0	0.000161	0	0.000161
Fast green FCF	A	0	0	0	0	0	0	0	0
Brilliant blue FCF	A	0	0	0	0	0	0	0	0
Indigo carmine	A	0	0	0	0	0	0	0	0
Titanium dioxide	B	0	0	0	0	0	0	0	0
$\beta$ -Carotene	B	0.287441533	0.0075132	0.0047985	0.0096095	0.009436133	0.006976667	1.8756148	2.201390333
Norbixine	A	0	0	0	0	0	0	0	0
Sulfurous acid	B	0	0	0	0	0	0	0	0
Benzoic acid	A	0.378639307	0.04307568	0.0889322	0.04939283	0.25686796	0.0151662	0.061106713	0.89318089
Sorbic acid	A	0	0.81	1.55	7.04	0	0.97	1.57	11.94
Dehydroacetic acid	A	0	0	0	0	0	0	0	0
Isobutyl <i>p</i> -hydroxybenzoate	A	0	0	0	0	0	0	0	0
Isopropyl <i>p</i> -hydroxybenzoate	A	0	0	0	0	0	0	0	0
Ethyl <i>p</i> -hydroxybenzoate	A	0.040998	0	0	0	0	0	0	0.040998
Butyl <i>p</i> -hydroxybenzoate	A	0.150326	0	0	0	0	0	0	0.150326
Propyl <i>p</i> -hydroxybenzoate	A	0	0	0	0	0	0	0	0
Propionic acid	B	0.532974	0	0.389211667	0.896886667	0	0	0	1.819072333
EDTA	A	0	0	0	0	0	0	0	0
Erythorbic acid	A	0	0	0	0.076876	0	0	0	0.076876
Isopropyl citrate	A	0	0	0	0	0	0	0	0
L-Cysteine	B	25.2821	3.25572	25.11215	4.5	2.21544	0.10304	20.5	80.8
Butylated hydroxytoluene (BHT)	A	0	0	0	0	0	0	0	0
d- $\alpha$ -Tocopherol	B	1.250439	0.6035604	0.4078725	1.3241891	1.883124	0.64078	0.5560868	6.6660518

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d- $\beta$ -Tocopherol	B	0.0218656	0.0801408	0.115164	0.019219	0.0455396	0.00644	0	0.288369
d- $\gamma$ -Tocopherol	B	0.3361836	0.425748	3.35895	0.2363937	3.003152	0.269192	0.0518386	7.6814579
d- $\delta$ -Tocopherol	B	0.1188942	0.150264	1.66348	0.0903293	0.301546	0.140714	0	2.4652275
Butylated hydroxyanisole (BHA)	A	0	0	0	0	0	0	0	0
Propyl gallate	A	0	0	0	0	0	0	0	0
Nitrite	B	0	0	0.35189	0	0	0	0	0.35189
Nitrate	B	1.3666	0.400704	1.231615	0.307504	0.3077	0.21574	248.82528	252.655143
Imazaryl	A	0	0	0	0	0	0	0	0
<i>o</i> -Phenylphenol	A	0	0	0	0	0	0	0	0
Diphenyl	A	0	0	0	0	0	0	0	0
Thiabendazole	A	0	0	0	0	0	0	0.000895394	0.000895394
L-Aspartic acid	B	100.71842	29.30148	77.7357	39.39895	1.60004	2.576	100.84964	352.18023
DL-Alanine	B	161.2588	5.7	45.58575	175.27728	1.9	1.2558	132.89532	523.87295
Disodium 5'-inosinate	B	22.95888	0	0	0.365161	0	0	0	23.324041
Disodium 5'-uridylylate	B	0.860958	0	0	0.076876	0.036924	0.01288	0	0.987638
Disodium 5'-guanylylate	B	2.432548	0	0	0	0	0.0322	0	2.464748
Glycine	B	61.63366	13.27332	19.35395	132.03453	0.36924	1.8354	41.7	270.2001
L-Glutamic acid	B	1040	42.07392	164.7485	199.8776	1.8462	7.5026	181.4351	1640
Disodium 5'-cytidylate	B	0	0	0	0	0	0	0	0
L-Theanine	B	20.22568	0	2.07935	0.96095	0	0	1.2	24.46598
L-Isoleucine	B	90.74224	0.7	35.98875	44.2037	0.73848	0	34.2	206
L-Tryptophan	B	3.2	1.75308	17.11465	1.1	0.3	0.2254	4.9	28.59313
L-Threonine	B	72.4298	1.50264	31.6701	3	0.6154	0.161	40.9	150.27894
L-Valine	B	99.7618	2.4	49.5845	64.57584	3.20008	0.161	55.13742	274.82064
L-Histidine	B	40.72468	2.25396	24.15245	242.1594	0.7	0	40	349.99049
L-Phenylalanine	B	88.69234	6.76188	71.6576	57.08043	1.10772	0.3542	46.18348	271.83765
DL-Methionine	B	23.77884	2.4	21.4333	40.55209	0.6154	0	7.9	96.67963
L-Lysine	B	97.43858	5.6	92.771	57.08043	2.9	0	63.6201	319.41011
L-Ascorbic acid	B	13.93932	0.150264	9.165135	4.497246	0.578476	2.8819	68.80396	100.016301
L-Ascorbyl stearate	A	0	0	0	0	0	0	0	0
L-Ascorbyl palmitate	A	0	0	0	0	0	0	0	0
Thiamine	B	0.1011284	0.2178828	0.12796	0.0057657	0.0393856	0.00644	0.2167796	0.7153421
Riboflavin	B	0.163992	0.0851496	0.195139	0.4497246	0.2178516	0.014812	0.188504	1.3151728
Glycerol	B	485.5985333	123.5504	143.955	45.48496667	0	12.12866667	95.82286667	906.5404333
Dimethylpolysiloxane	A	0	0	0.47985	0	0	0	0	0.47985
Propylene glycol	A	2.7332	11.52024	0	0	0	0.4508	0	14.70424
Adipic acid	B	0	0	0	0	0	0	1.798642333	1.798642333
Citric acid	B	1010.372933	5.0088	518.7711667	0	136.2085333	20.39333333	497.9647333	2188.7195
Gluconic acid	B	29.56210899	5.5280456	11.62084735	8.023996563	0.745167347	2.639970667	21.7557179	79.87585441
Succinic acid	B	232.322	5.0088	4.7985	19.219	0	0	0	261.3483

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L-Tartaric acid	B	0	0	0	31.39103333	34.87266667	8.586666667	0	74.85036667
Lactic acid	B	214.1006667	594.3776	242.0576667	894.3241333	247.3908	3.005333333	409.9962	2605.2524
Acetic acid	B	258.1962933	172.72012	97.99603333	109.6123633	18.462	3.22	123.7842933	783.9911033
Fumaric acid	B	1.958793333	0	3.412266667	1.15314	1.10772	0.729866667	30.78898667	39.15077333
DL-Malic acid	B	865.0578	46.7488	171.1465	41.64116667	0	27.692	571.7954667	1724.081733
Calcium	B	19.6	36.36	103.18	91.46	138.96	8.19	99.67	497.42
Pyrophosphoric acid	A								
Polyphosphoric acid	A								
Metaphosphoric acid	A								
Orthophosphoric acid	A	138.0266	275.484	223.93	634.227	196.928	8.694	329.882	1807.1716
Aluminum	B	1.620332067	0.5409504	0.25592	0.806557367	0.0529244	0.715806	3.988430467	7.9809207
Iron	B	0.930199067	0.947498	1.859685333	2.1121681	0.066873467	0.335738667	2.7992844	9.051447033
Magnesium	B	38.35	61.81	82.63	55.31	12.87	3.81	75.73	330.51
Nordihydroguaiaretic acid	B	0	0	0	0	0	0	0	0
Naringin	B	0	0	0	0	0	0	0	0
Hesperidine	B	0	0	0	0	0	0	22.3259425	22.3259425
Kojic acid	B	0	0	0	0	0	0	0	0
L-Asparagine	B	0	2.1	136.2774	0	0	0	136.19414	274.57154
L-Glutamine	B	0	1.9	99.96875	1.6	0	0	584.3624	687.83115
L-Arginine	B	100.03512	8.7654	103.3277	0.9	0	0.8372	140.90674	354.77216
L-Cystine	B	0	0	0.9597	0	0	0	2	2.8
L-Serine	B	103.31496	5.0088	49.42455	2.30628	0.49232	0.6762	70.21774	231.44085
L-Hydroxyproline	B	0.81996	0	0	2.4	0.3	0.07084	0	3.5908
L-Tyrosine	B	21.8656	6.4	55.18275	4.3	1.60004	0.0966	22.5	111.94499
L-Proline	B	105.50152	3.25572	37.4283	14.5	2.95392	1.288	82.94176	247.86922
L-Leucine	B	144.8596	11.52024	83.01405	100.32318	4.3078	0.1932	66.44766	410.66573

\* Group A/B: Food additives in Group A do not from naturally occur and those in Group B do.