

Table 10-3. Daily intake (mg/day/person) of food additives by food category for youths (15-19 year olds).

Compound	Group A/B *	15-19 year olds							
		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	Total Intake
Food Intake (g)		186.84	293.71	126.83	256.59	186.95	43.36	359.08	1453.36
Aspartame	A	1.93068	0	0	0	0	0.708213333	0	2.638893333
Xylitol	B	1.8684	0	0	0	0	6.9376	0	8.806
Glycyrrhizine	B	0.317628	0	0	0	0	0.0372896	0	0.3549176
Sodium saccharin	A	0	0	0	0.2	0	0	0	0.2
D-Sorbitol	B	57.9204	93.9872	43.1222	254.0241	3.739	186.0144	186.7216	825.5289
D-Mannitol	B	24.2892	1013.2995	105.2689	12.8295	0	3.9024	150.8136	1310.4031
Amaranth	A	0	0	0	0	0	0	0	0
Erythrosine	A	0	0	0	0.00128295	0	0	0	0.00128295
Allura red AC	A	0	0	0	0	0	0	0	0
New coccine	A	0	0	0	0.00076977	0	0	0.00502712	0.00579689
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	0	0
Tartrazine	A	0	0	0	0	0	0.00052032	0	0.00052032
Sunset yellow FCF	A	0	0	0	0	0	0.00008672	0	0.00008672
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
β -Carotene	B	0.137016	0.0205597	0.003382133	0.0136848	0.017448667	0.0125744	1.7164024	1.9210681
Norbixine	A	0	0	0	0	0	0	0	0
Sulfurous acid	B	0	0	0	0	0	0	0	0
Benzoic acid	A	0.74225304	0.05786087	0.05301494	0.06055524	0.35427025	0.020451467	0.041892667	1.330298473
Sorbic acid	A	0	2.73	0.86	17.31	0	0.57	0.64	22.11
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	0.112104	0	0	0	0	0	0	0.112104
Butyl <i>p</i> -hydroxybenzoate	A	0.448416	0	0	0	0	0	0	0.448416
Propyl <i>p</i> -hydroxybenzoate	A	0	0	0	0	0	0	0	0
Propionic acid	B	0.52938	0	0.321302667	0.795429	0	0	0	1.646111667
EDTA	A	0	0	0	0	0	0	0	0
Erythorbic acid	A	0	0	0	0.2488923	0	0	0	0.2488923
Isopropyl citrate	A	0	0	0	0	0	0	0	0
L-Cysteine	B	19.05768	5.1	17.12205	7.44111	4.67375	0.4	17.7	71.49459
Butylated hydroxytoluene (BHT)	A	0	0	0	0	0	0	0	0
d- α -Tocopherol	B	0.924858	0.7665831	0.2194159	2.1989763	4.29985	0.724112	0.5601648	9.6939601

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d- β -Tocopherol	B	0.0336312	0.0939872	0.0481954	0.0153954	0.108431	0.0481296	0	0.3477698
d- γ -Tocopherol	B	0.5063364	0.6725959	1.839035	0.4644279	6.99193	0.810832	0.053862	11.3390192
d- δ -Tocopherol	B	0.7361496	0.2555277	1.0095668	0.0692793	0.773973	0.2046592	0	3.0491556
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	0.202928	0	0	0	0	0.202928
Nitrate	B	2.05524	0.499307	0.583418	1.077678	0.392595	0.806496	233.76108	239.175814
Imazaril	A	0	0	0	0	0	0	0	0
o-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	0.00071816	0.00071816
L-Aspartic acid	B	89.49636	36.71375	59.10278	58.75911	1.1217	6.80752	84.02472	336.02594
DL-Alanine	B	127.61172	6.6	32.08799	223.74648	1.68255	1.60432	103.41504	496.7481
Disodium 5'-inosinate	B	25.41024	0	0	0.846747	0	0	0	26.256987
Disodium 5'-uridylate	B	1.12104	0	0	0.128295	0.056085	0.073712	0	1.379132
Disodium 5'-guanylate	B	2.783916	0	0	0	0	0.082384	0	2.8663
Glycine	B	50.82048	25.25906	13.19032	162.16488	0.243035	2.8184	24	279
L-Glutamic acid	B	1150	80.47654	105.64939	279.6831	2.3	20.29248	128.55064	1770
Disodium 5'-cytidylate	B	0.09342	0	0	0	0	0.052032	0	0.145452
L-Theanine	B	7.9	0	1.3	1.28295	0	0	1.07724	11.56019
L-Isoleucine	B	70.81236	0.58742	25.23917	63.89091	1	0	27.64916	189.17902
L-Tryptophan	B	2.05524	2.9371	13.19032	1.4	0.3739	0.78048	5.5	26.23704
L-Threonine	B	54.93096	1.7	22.70257	5.2	0.3739	0.34688	33.5	118.75431
L-Valine	B	76.23072	2.7	37.79534	88.01037	4.1129	0.17344	42.73052	251.75329
L-Histidine	B	33.44436	2.9371	17.50254	175.50756	0.7478	0.17344	29.44456	259.75736
L-Phenylalanine	B	68.00976	7.2	48.57589	76.72041	2.2434	1.17072	37.34432	241.2645
DL-Methionine	B	19.05768	2.4	16.4879	54.91026	0.7478	0	7.54068	101.14432
L-Lysine	B	76.79124	6.75533	69.88333	73.38474	2.9	0	48.11672	277.83136
L-Ascorbic acid	B	22.23396	0.558049	9.360054	11.495232	1.04692	9.36576	53.862	107.921975
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	0.0952884	0.2672761	0.0989274	0.0128295	0.059824	0.0203792	0.161586	0.7161106
Riboflavin	B	0.1606824	0.1527292	0.1217568	0.641475	0.3570745	0.0416256	0.17954	1.6548835
Glycerol	B	305.172	183.0792333	93.8542	60.7263	0	14.3088	0	657.1405333
Dimethylpolysiloxane	A	0	0	0.38049	0	0	0	0	0.38049
Propylene glycol	A	8.22096	4.99307	0	0	0	0.177776	0	13.391806
Adipic acid	B	0	0.409235933	0	0	0	0	0.602057467	1.0112934
Citric acid	B	648.3348	0	504.7834	0	249.2666667	85.13013333	332.7474667	1820.262467
Gluconic acid	B	34.313166	4.927181057	7.10286049	19.71004638	4.621840217	3.554941867	29.16794871	103.3979847
Succinic acid	B	122.6916	41.1194	0	0	10.59383333	0	0	174.4048333

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L-Tartaric acid	B	0	14.6855	0	19.6719	47.98383333	12.5744	0	94.91563333
Lactic acid	B	166.9104	832.1783333	290.8634667	610.6842	117.1553333	12.71893333	198.6909333	2229.2016
Acetic acid	B	199.9188	347.5568332	58.97595	91.26051	33.21478333	7.009866667	68.46458667	806.4013299
Fumaric acid	B	1.74384	0	3.720346667	4.78968	0	1.82112	21.30541333	33.3804
DL-Malic acid	B	743.6232	53.84683333	132.3259667	50.4627	0	38.5904	354.2922667	1373.141367
Calcium	B	51.81	55.6	72.17	89.5	226.02	23.31	83.99	602.4
Pyrophosphoric acid	A								
Polyphosphoric acid	A								
Metaphosphoric acid	A								
Orthophosphoric acid	A	141.9984	323.081	152.196	744.111	336.51	26.4496	262.1284	1986.4744
Aluminum	B	1.6118064	0.885046133	0.236326567	0.7090437	0.054838667	1.244432	2.051543733	6.7930372
Iron	B	0.9883836	1.2247707	1.3126905	3.0200643	0.168255	0.433889067	2.295718133	9.4437713
Magnesium	B	31.07	74.84	58.47	62.81	21.03	9.49	59.61	317.32
Nordihydroguaiaretic acid	B	0	0	0	0	0	0	0	0
Naringin	B	0	0	0	0	0	0	0	0
Hesperidine	B	4.73844924	0	0	0	0	0	14.86938311	19.60783235
Kojic acid	B	0	0	0	0	0	0	0	0
L-Asparagine	B	7.84728	1.17484	131.9032	0	0	8.15168	113.46928	262.54628
L-Glutamine	B	0	1.4	86.62489	1.6	0	0.17344	535.0292	624.82753
L-Arginine	B	85.9464	11.6	82.56633	1.1	0	3.9024	118.4964	303.61153
L-Cystine	B	0	0	0.50732	0	0	0	2	2.6
L-Serine	B	83.1438	6.46162	33.73678	4	0.56085	1.21408	58.88912	188.00625
L-Hydroxyproline	B	1	0	0	3.5	0.3739	0.099728	0	4.973628
L-Tyrosine	B	15.6	7.2	37.54168	3.9	2.43035	1.17072	20.10848	87.8
L-Proline	B	89.12268	5.2	26.6343	44.39007	4.6	2.2	74.32956	247
L-Leucine	B	112.47768	12.7	52.88811	140.09814	7.29105	0	48.4758	373.93078

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