

Table 10-4. Daily intake (mg/day/person) of food additives by food category for adults (20-64 year olds).

Compound	Group A/B *	20-64 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	
Food Intake (g)		253.08	276.10	141.42	234.98	124.36	31.97	427.93	1489.84
Aspartame	A	1.2654	0	0	0	0	1.289456667	0	2.554856667
Xylitol	B	2.5308	0	0	0	0	1.9182	0	4.449
Glycyrrhizine	B	0.227772	0	0.0735384	0	0	0	0	0.3013104
Sodium saccharin	A	0	0	0	0.44	0	0	0.32	0.76
D-Sorbitol	B	43.0236	57.981	76.3668	253.7784	0	168.1622	295.2717	894.5837
D-Mannitol	B	43.0236	612.942	127.278	9.3992	0	3.8364	209.6857	1006.1649
Amaranth	A	0	0	0	0	0	0	0	0
Erythrosine	A	0	0	0	0.0023498	0	0	0	0.0023498
Allura red AC	A	0	0	0	0	0	0	0	0
New coccine	A	0	0	0	0.00093992	0	0	0.00513516	0.00607508
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	0.00009591	0	0.00009591
Tartrazine	A	0	0	0	0	0	0.00067137	0	0.00067137
Sunset yellow FCF	A	0	0	0	0	0	0.00012788	0	0.00012788
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	0.181374	0.013805	0.0042426	0.010965733	0.012436	0.006820267	1.700308533	1.929952133
Norbixine	A	0	0	0	0	0	0	0	0
Sulfurous acid	B	0	0	0	0	0	0	0	0
Benzoic acid	A	0.4120986	0.048777667	0.073067	0.061486433	0.182021587	0.014652917	0.043791503	0.835895707
Sorbic acid	A	0	1.79	1.34	12.07	0	0.69	2.03	17.92
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	0.075924	0	0	0	0	0	0	0.075924
Butyl <i>p</i> -hydroxybenzoate	A	0.177156	0	0	0	0	0	0	0.177156
Propyl <i>p</i> -hydroxybenzoate	A	0	0	0	0	0	0	0	0
Propionic acid	B	1.046064	0	0.358264	0.892924	0	0	0	2.297252
EDTA	A	0	0	0	0	0	0	0	0
Erythorbic acid	A	0	0	0	0.1668358	0	0	0	0.1668358
Isopropyl citrate	A	0	0	0	0	0	0	0	0
L-Cysteine	B	25.05492	4.6	38.1834	5.8	3.48208	0.1	20.8	98.1
Butylated hydroxytoluene (BHT)	A	0	0	0	0	0	0	0	0
d- α -Tocopherol	B	1.4450868	0.530112	0.311124	2.490788	2.089248	0.322897	0.6547329	7.8439887

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d- β -Tocopherol	B	0.0278388	0.080069	0.0749526	0.023498	0.0460132	0.0111895	0	0.2635611
d- γ -Tocopherol	B	0.3568428	0.46937	3.11124	0.6273966	3.096564	0.41561	0.0813067	8.1583301
d- δ -Tocopherol	B	0.37962	0.160138	1.866744	0.0986916	0.3618876	0.1102965	0	2.9773777
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	0.339408	0	0	0	0	0.339408
Nitrate	B	2.454876	0.52459	0.650532	0.634446	0.273592	0.335685	284.14552	289.019241
Imazaril	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	0.001069825	0.001069825
L-Aspartic acid	B	108.8244	30.6471	90.08454	37.5968	2.11412	3.45276	97.99597	370.71569
DL-Alanine	B	165.26124	7.4547	44.26446	183.2844	2.8	1.53456	127.52314	532.1225
Disodium 5'-inosinate	B	27.58572	0	0	0.58745	0	0	0	28.17317
Disodium 5'-uridylylate	B	1.01232	0	0	0.164486	0.024872	0.015985	0	1.217663
Disodium 5'-guanylate	B	3.492504	0	0	0.11749	0	0.019182	0	3.629176
Glycine	B	66.30696	20.7075	18.24318	152.26704	1.11924	1.9182	35.94612	296
L-Glutamic acid	B	1242.6228	58.8093	197.988	220.8812	2.11412	6.58582	171.172	1900.17324
Disodium 5'-cytidylate	B	0	0	0	0.11749	0	0.015985	0	0.133475
L-Theanine	B	14.67864	0	2.6	2.7	0	0	1.4	21.3
L-Isoleucine	B	91.1088	0	32.24376	41.1215	0.99488	0	33.2	198.66894
L-Tryptophan	B	4.7	6.5	15.69762	0.70494	0.37308	0.19182	7.5	35.66746
L-Threonine	B	69.85008	2	30.82956	3.05474	0.8	0.3197	40.1	146.95408
L-Valine	B	101.73816	2.3	54.16386	62.2697	3.60644	0.19182	51.77953	276.04951
L-Histidine	B	43.0236	2.4849	25.03134	222.76104	0.8	0.09591	36.7	330.89679
L-Phenylalanine	B	88.578	7.4547	73.67982	54.51536	2.2	0.44758	44.07679	270.95225
DL-Methionine	B	20.75256	2.761	24.32424	38.7717	0.8	0	7.9	95.4
L-Lysine	B	98.19504	5.6	114.26736	54.75034	3.85516	0.09591	59.05434	335.81815
L-Ascorbic acid	B	14.602716	0.46937	13.01064	9.681176	0.87052	3.26094	70.60845	112.503812
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	0.101232	0.24849	0.1187928	0.0070494	0.0385516	0.0086319	0.2096857	0.7324334
Riboflavin	B	0.1746252	0.11044	0.1385916	0.5686516	0.230066	0.0217396	0.1882892	1.4324032
Glycerol	B	582.084	108.5993333	98.5226	60.31153333	0	7.6728	0	857.1902667
Dimethylpolysiloxane	A	0	0	0.42426	0	0	0	0	0.42426
Propylene glycol	A	6.07392	3.8654	0	0	0	0.70334	0	10.64266
Adipic acid	B	0	0.283462667	0	0	0	0	1.188218967	1.471681633
Citric acid	B	923.742	0	631.676	0	134.3088	30.90433333	335.2118333	2055.842967
Gluconic acid	B	26.3355048	0	12.74128204	12.30018475	0	2.919511057	29.03918716	83.33566981
Succinic acid	B	171.2508	6.442333333	0	14.88206667	0	0	0	192.5752

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L-Tartaric acid	B	0	9.203333333	0	32.8972	32.3336	8.6319	0	83.06603333
Lactic acid	B	273.3264	708.6566667	181.9604	991.6156	260.3269333	3.303566667	174.0248667	2593.214433
Acetic acid	B	265.14348	278.7689667	96.02418	82.86961333	33.41138667	3.655236667	90.86380333	850.7366667
Fumaric acid	B	3.3744	0	4.52544	0	0.911973333	0.948443333	23.67879333	33.43905
DL-Malic acid	B	900.9648	59.82166667	138.5916	57.17846667	0	24.40376667	517.7953	1698.7556
Calcium	B	39.71	44.01	74.25	95.57	133.56	11.13	98.68	496.91
Pyrophosphoric acid	A								
Polyphosphoric acid	A								
Metaphosphoric acid	A								
Orthophosphoric acid	A	187.2792	386.54	212.13	751.936	223.848	15.985	316.6682	2094.3864
Aluminum	B	2.336772	0.665401	0.3068814	0.916422	0.0522312	0.8235472	2.587550067	7.688804867
Iron	B	1.0089456	1.034454667	1.6795982	2.686604667	0.080004933	0.325348033	2.616078733	9.431034833
Magnesium	B	44.74	67.29	63.58	63.54	11.99	4.36	72.79	328.29
Nordihydroguaiaretic acid	B	0	0	0	0	0	0	0	0
Naringin	B	0	0	0	0	0	0	0	0
Hesperidine	B	2.54252604	0	0	0	0	0	15.96335808	18.50588412
Kojic acid	B	0	0	0	0	0	0	0	0
L-Asparagine	B	5.4	2.1	197.988	0	0	1.24683	129.66279	336.39762
L-Glutamine	B	0	2.761	105.78216	9.8	0.161668	0.19182	492.1195	610.816148
L-Arginine	B	104.01588	8.8352	114.69162	0.8	0	1.2788	138.64932	368.27082
L-Cystine	B	0	0	0.7071	0	0	0	2.4	3.1071
L-Serine	B	102.75048	5.4	49.497	2.3498	0.87052	0.6394	68.89673	230.40393
L-Hydroxyproline	B	0.75924	0	0	3.4	0.3	0.070334	0	4.529574
L-Tyrosine	B	25.56108	6.3503	55.57806	3.99466	1.98976	0.3197	25.24787	119.04143
L-Proline	B	134.38548	3.8	37.33488	14.7	2.9	1.11895	80.45084	274.69015
L-Leucine	B	145.77408	12.8	77.92242	94.69694	4.8	0.15985	59.9102	396.06349

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