

Table 11-3. Concentration (mg/kg) of food additives by food category in youth (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
Food Intake (g)		186.84	293.71	126.83	256.59	186.95	43.36	359.08
Aspartame	A	10.33333333	ND	ND	ND	ND	16.33333333	ND
Xylitol	B	10	ND	ND	ND	ND	160	ND
Glycyrrhizine	B	1.7	ND	TR	TR	ND	0.86	TR
Sodium saccharin	A	ND	ND	ND	0.79	ND	ND	TR
D-Sorbitol	B	310	320	340	990	20	4290	520
D-Mannitol	B	130	3450	830	50	ND	90	420
Amaranth	A	ND	ND	ND	ND	ND	ND	ND
Erythrosine	A	ND	ND	ND	0.005	ND	ND	ND
Allura red AC	A	ND	ND	ND	ND	ND	ND	ND
New coccine	A	ND	ND	ND	0.003	ND	ND	0.014
Phloxine	A	ND	ND	ND	ND	ND	ND	ND
Rose bengale	A	ND	ND	ND	ND	ND	ND	ND
Acid red	A	ND	ND	ND	ND	ND	ND	ND
Tartrazine	A	ND	ND	ND	ND	ND	0.012	ND
Sunset yellow FCF	A	ND	ND	ND	ND	ND	0.002	ND
Fast green FCF	A	ND	ND	ND	ND	ND	ND	ND
Brilliant blue FCF	A	ND	ND	ND	ND	ND	ND	ND
Indigo carmine	A	ND	ND	ND	ND	ND	ND	ND
Titanium dioxide	B	ND	ND	ND	ND	ND	ND	ND
β -Carotene	B	0.733333333	0.07	0.026666667	0.053333333	0.093333333	0.29	4.78
Norbixine	A	ND	ND	ND	ND	ND	ND	ND
Sulfurous acid	B	ND	ND	ND	ND	ND	ND	ND
Benzoic acid	A	3.972666667	0.197	0.418	0.236	1.895	0.471666667	0.116666667
Sorbic acid	A	ND	9.3	6.8	67.45	ND	13.19	1.79
Dehydroacetic acid	A	ND	ND	ND	ND	ND	ND	ND
Isobutyl <i>p</i> -hydroxybenzoate	A	ND	ND	ND	ND	ND	ND	ND
Isopropyl <i>p</i> -hydroxybenzoate	A	ND	ND	ND	ND	ND	ND	ND
Ethyl <i>p</i> -hydroxybenzoate	A	0.6	ND	ND	ND	ND	ND	ND
Butyl <i>p</i> -hydroxybenzoate	A	2.4	ND	ND	ND	ND	ND	ND
Propyl <i>p</i> -hydroxybenzoate	A	ND	ND	ND	ND	ND	ND	ND
Propionic acid	B	2.833333333	TR	2.533333333	3.1	TR	TR	TR
EDTA	A	ND	ND	ND	ND	ND	ND	ND
Erythorbic acid	A	ND	ND	ND	0.97	ND	ND	ND
Isopropyl citrate	A	ND	ND	ND	ND	ND	ND	ND

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L-Cysteine	B	102	18	135	29	25	8	49
Butylated hydroxytoluene (BHT)	A	ND	ND	TR	ND	ND	TR	TR
d- α -Tocopherol	B	4.95	2.61	1.73	8.57	23	16.7	1.56
d- β -Tocopherol	B	0.18	0.32	0.38	0.06	0.58	1.11	NQ
d- γ -Tocopherol	B	2.71	2.29	14.5	1.81	37.4	18.7	0.15
d- δ -Tocopherol	B	3.94	0.87	7.96	0.27	4.14	4.72	NQ
Butylated hydroxylanisole (BHA)	A	ND	TR	TR	ND	ND	TR	TR
Propyl gallate	A	ND	ND	ND	ND	ND	ND	TR
Nitrite	B	ND	ND	1.6	TR	ND	ND	ND
Nitrate	B	11	1.7	4.6	4.2	2.1	18.6	651
Imazaril	A	ND	ND	ND	ND	ND	ND	ND
<i>o</i> -Phenylphenol	A	ND	ND	ND	ND	ND	ND	ND
Diphenyl	A	ND	ND	ND	ND	ND	ND	ND
Thiabendazole	A	ND	ND	ND	ND	ND	ND	0.002
L-Aspartic acid	B	479	125	466	229	6	157	234
DL-Alanine	B	683	23	253	872	9	37	288
Disodium 5'-inosinate	B	136	ND	ND	3.3	ND	ND	ND
Disodium 5'-uridylate	B	6	ND	ND	0.5	0.3	1.7	ND
Disodium 5'-guanylate	B	14.9	ND	ND	ND	ND	1.9	ND
Glycine	B	272	86	104	632	1.3	65	68
L-Glutamic acid	B	6180	274	833	1090	13	468	358
Disodium 5'-cytidylate	B	0.5	ND	ND	ND	ND	1.2	ND
L-Theanine	B	43	TR	11	5	ND	ND	3
L-Isoleucine	B	379	2	199	249	5	TR	77
L-Tryptophan	B	11	10	104	5	2	18	15
L-Threonine	B	294	6	179	20	2	8	93
L-Valine	B	408	9	298	343	22	4	119
L-Histidine	B	179	10	138	684	4	4	82
L-Phenylalanine	B	364	25	383	299	12	27	104
DL-Methionine	B	102	8	130	214	4	ND	21
L-Lysine	B	411	23	551	286	16	ND	134
L-Ascorbic acid	B	119	1.9	73.8	44.8	5.6	216	150
L-Ascorbyl stearate	A	ND	ND	ND	ND	ND	ND	ND
L-Ascorbyl palmitate	A	ND	ND	ND	ND	ND	ND	ND
Thiamine	B	0.51	0.91	0.78	0.05	0.32	0.47	0.45
Riboflavin	B	0.86	0.52	0.96	2.5	1.91	0.96	0.5
Glycerol	B	1633.333333	623.333333	740	236.666667	TR	330	TR

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Dimethylpolysiloxane	A	ND	ND	3	ND	ND	ND	ND
Propylene glycol	A	44	17	ND	TR	TR	4.1	ND
Adipic acid	B	ND	1.393333333	ND	ND	ND	ND	1.676666667
Citric acid	B	3470	TR	3980	TR	1333.333333	1963.333333	926.6666667
Gluconic acid	B	183.65	16.77566667	56.003	76.81533333	24.72233333	81.98666667	81.22966667
Succinic acid	B	656.6666667	140	TR	ND	56.66666667	ND	ND
L-Tartaric acid	B	ND	50	ND	76.66666667	256.6666667	290	ND
Lactic acid	B	893.3333333	2833.333333	2293.333333	2380	626.6666667	293.3333333	553.3333333
Acetic acid	B	1070	1183.333333	465	355.6666667	177.6666667	161.6666667	190.6666667
Fumaric acid	B	9.333333333	ND	29.33333333	18.66666667	TR	42	59.33333333
DL-Malic acid	B	3980	183.3333333	1043.333333	196.6666667	ND	890	986.6666667
Calcium	B	277.3	189.3	569	348.8	1209	537.5	233.9
Pyrophosphoric acid	A							
Polyphosphoric acid	A							
Metaphosphoric acid	A							
Orthophosphoric acid	A	760	1100	1200	2900	1800	610	730
Aluminum	B	8.626666667	3.013333333	1.863333333	2.763333333	0.293333333	28.7	5.713333333
Iron	B	5.29	4.17	10.35	11.77	0.9	10.00666667	6.393333333
Magnesium	B	166.3	254.8	461	244.8	112.5	218.9	166
Nordihydroguaiaretic acid	B	ND	ND	ND	ND	ND	ND	ND
Naringin	B	NQ	ND	ND	ND	ND	ND	ND
Hesperidine	B	25.361	ND	ND	ND	ND	ND	41.40966667
Kojic acid	B	ND	ND	ND	ND	ND	ND	ND
L-Asparagine	B	42	4	1040	ND	ND	188	316
L-Glutamine	B	ND	5	683	6	ND	4	1490
L-Arginine	B	460	40	651	4	ND	90	330
L-Cystine	B	ND	ND	4	ND	ND	ND	6
L-Serine	B	445	22	266	16	3	28	164
L-Hydroxyproline	B	5	ND	ND	14	2	2.3	ND
L-Tyrosine	B	83	24	296	15	13	27	56
L-Proline	B	477	18	210	173	25	52	207
L-Leucine	B	602	43	417	546	39	ND	135

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