

Table 11-5. Concentration (mg/kg) of food additives by food category for older adults (over-64 year olds).

Compound	Group A/B *	over-64 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)		136.66	250.44	159.95	192.19	123.08	32.20	471.26
Aspartame	A	ND	ND	ND	ND	ND	53.66666667	ND
Xylitol	B	10	ND	ND	ND	ND	10	ND
Glycyrrhizine	B	1.32	ND	0.57	TR	ND	ND	TR
Sodium saccharin	A	ND	ND	ND	1.53	ND	ND	0.93
D-Sorbitol	B	190	190	510	1340	ND	6440	660
D-Mannitol	B	210	1580	750	30	ND	120	390
Amaranth	A	ND	ND	ND	ND	ND	ND	ND
Erythrosine	A	ND	ND	ND	0.009	ND	ND	ND
Allura red AC	A	ND	ND	ND	ND	ND	ND	ND
New cocchine	A	ND	ND	ND	0.003	ND	0.003	0.009
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	0.004	ND
Tartrazine	A	ND	ND	ND	ND	ND	0.026	ND
Sunset yellow FCF	A	ND	ND	ND	ND	ND	0.005	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	2.103333333	0.03	0.03	0.05	0.076666667	0.216666667	3.98
Norbixine	A	ND	ND	ND	ND	ND	ND	ND
Sulfurous acid	B	ND	ND	ND	ND	ND	ND	ND
Benzoic acid	A	2.770666667	0.172	0.556	0.257	2.087	0.471	0.129666667
Sorbic acid	A	ND	3.22	9.72	36.63	0	29.99	3.33
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	0.3	ND	ND	ND	ND	ND	ND
Butyl <i>p</i> -hydroxybenzoate	A	1.1	ND	ND	ND	ND	ND	ND
Propyl <i>p</i> -hydroxybenzoate	A	ND	ND	ND	ND	ND	ND	ND
Propionic acid	B	3.9	TR	2.433333333	4.666666667	TR	TR	TR
EDTA	A	ND	ND	ND	ND	ND	ND	ND
Erythorbic acid	A	ND	ND	ND	0.4	ND	ND	ND
Isopropyl citrate	A	ND	ND	ND	ND	ND	ND	ND

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L-Cysteine	B	185	13	157	24	18	3.2	43
Butylated hydroxytoluene (BHT)	A	ND	TR	TR	TR	ND	TR	TR
d- α -Tocopherol	B	9.15	2.41	2.55	6.89	15.3	19.9	1.18
d- β -Tocopherol	B	0.16	0.32	0.72	0.1	0.37	0.2	NQ
d- γ -Tocopherol	B	2.46	1.7	21	1.23	24.4	8.36	0.11
d- δ -Tocopherol	B	0.87	0.6	10.4	0.47	2.45	4.37	NQ
Butylated hydroxyanisole (BHA)	A	ND	ND	ND	ND	ND	ND	TR
Propyl gallate	A	ND	ND	ND	ND	ND	ND	ND
Nitrite	B	ND	ND	2.2	ND	ND	ND	ND
Nitrate	B	10	1.6	7.7	1.6	2.5	6.7	528
Imazaryl	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	0.0019
L-Aspartic acid	B	737	117	486	205	13	80	214
DL-Alanine	B	1180	23	285	912	16	39	282
Disodium 5'-inosinate	B	168	ND	ND	1.9	ND	ND	ND
Disodium 5'-uridylylate	B	6.3	ND	ND	0.4	0.3	0.4	ND
Disodium 5'-guanylylate	B	17.8	ND	ND	ND	ND	1	ND
Glycine	B	451	53	121	687	3	57	89
L-Glutamic acid	B	7640	168	1030	1040	15	233	385
Disodium 5'-cytidylate	B	ND	ND	ND	ND	ND	ND	ND
L-Theanine	B	148	TR	13	5	ND	ND	3
L-Isoleucine	B	664	3	225	230	6	TR	73
L-Tryptophan	B	23	7	107	6	3	7	10
L-Threonine	B	530	6	198	16	5	5	87
L-Valine	B	730	10	310	336	26	5	117
L-Histidine	B	298	9	151	1260	5	ND	85
L-Phenylalanine	B	649	27	448	297	9	11	98
DL-Methionine	B	174	10	134	211	5	ND	17
L-Lysine	B	713	22	580	297	24	ND	135
L-Ascorbic acid	B	102	0.6	57.3	23.4	4.7	89.5	146
L-Ascorbyl stearate	A	ND	ND	ND	ND	ND	ND	ND
L-Ascorbyl palmitate	A	ND	ND	ND	ND	ND	ND	ND
Thiamine	B	0.74	0.87	0.8	0.03	0.32	0.2	0.46
Riboflavin	B	1.2	0.34	1.22	2.34	1.77	0.46	0.4
Glycerol	B	3553.333333	493.3333333	900	236.6666667	TR	376.6666667	203.3333333

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Dimethylpolysiloxane	A	ND	ND	3	ND	ND	ND	ND
Propylene glycol	A	20	46	TR	ND	TR	14	ND
Adipic acid	B	ND	TR	ND	ND	ND	ND	3.816666667
Citric acid	B	7393.333333	20	3243.333333	ND	1106.666667	633.3333333	1056.666667
Gluconic acid	B	216.3186667	22.07333333	72.653	41.75033333	6.054333333	81.98666667	46.165
Succinic acid	B	1700	20	30	100	ND	ND	ND
L-Tartaric acid	B	ND	TR	ND	163.3333333	283.3333333	266.6666667	ND
Lactic acid	B	1566.666667	2373.333333	1513.333333	4653.333333	2010	93.33333333	870
Acetic acid	B	1889.333333	689.6666667	612.6666667	570.3333333	150	100	262.6666667
Fumaric acid	B	14.33333333	ND	21.33333333	6	9	22.66666667	65.33333333
DL-Malic acid	B	6330	186.6666667	1070	216.6666667	ND	860	1213.333333
Calcium	B	143.4	145.2	645.1	475.9	1129	254.5	211.5
Pyrophosphoric acid	A							
Polyphosphoric acid	A							
Metaphosphoric acid	A							
Orthophosphoric acid	A	1010	1100	1400	3300	1600	270	700
Aluminum	B	11.85666667	2.16	1.6	4.196666667	0.43	22.23	8.463333333
Iron	B	6.806666667	3.783333333	11.62666667	10.99	0.543333333	10.42666667	5.94
Magnesium	B	280.6	246.8	516.6	287.8	104.6	118.4	160.7
Nordihydroguaiaretic acid	B	ND	ND	ND	ND	ND	ND	ND
Naringin	B	NQ	ND	ND	ND	ND	ND	ND
Hesperidine	B	NQ	ND	ND	ND	ND	ND	47.375
Kojic acid	B	ND	ND	ND	ND	ND	ND	ND
L-Asparagine	B	ND	8	852	ND	NQ	ND	289
L-Glutamine	B	ND	8	625	8	ND	ND	1240
L-Arginine	B	732	35	646	5	TR	26	299
L-Cystine	B	ND	ND	6	ND	ND	TR	4
L-Serine	B	756	20	309	12	4	21	149
L-Hydroxyproline	B	6	ND	ND	13	3	2.2	ND
L-Tyrosine	B	160	26	345	22	13	3	48
L-Proline	B	772	13	234	75	24	40	176
L-Leucine	B	1060	46	519	522	35	6	141

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