

**Exercise 10: Identification of food additives added into food items using ingredients part of the food label**



## Ingredients

Raspberry and apple fillings (39%)(sugar, fruit [raspberries (4%), apple (2%), apple powder], fructose, thickeners [1442, 1404, corn starch, 460, 466], humectant [422], brown sugar, food acids [330, 296], natural colour [120], flavours, preservative [221], stabiliser [470]), wheat flour (27%), invert sugar syrup, sugar, vegetable oils (canola, palm), Hi-maize™ corn starch, oatmeal (2.0%), dextrose, skim milk powder, corn starch, dough conditioner (emulsifier [soy lecithin], wheat gluten, corn starch, vegetable gum [407, 412], anti-caking agent [551]), emulsifier (472a), salt, anti-caking agent (460), mineral salt (501), flavour. **Contains gluten containing cereals, milk, soy and sulphites. May contain traces of peanuts and/or tree nuts.**



**INSTANT NOODLES MIXED WITH SEASONING**  
**INGREDIENTS:** Wheat Flour, Edible Vegetable Oil (Palm), Vegetable Fat Powder (Palm, Coconut & Whey), Dehydrated Pieces - 4.86% (Paneer, Red Chilli & Fenugreek Leaves), Sugar, Iodised Salt, Tomato Powder, Spice Mix - 1.13% (Red Chilli, Green Cardamom, Fennel, Cumin, Staranise, Black Pepper, Clove, Nutmeg, Ginger & Bayleaf), Garlic Powder, Dry Mango Powder, Flavour Enhancers (Yeast Extract, INS 631 & INS 627), Corn Starch, Hydrolysed Vegetable Protein (Soya), Cheese Powder, Thickener (INS 415), Onion Powder, Acidity Regulators (INS 500(i), INS 451(i) & INS 330), Colour (INS 160c(i)) & Antioxidant (INS 319).  
**CONTAINS PERMITTED NATURAL COLOUR & ADDED FLAVOURS (NATURAL & NATURE IDENTICAL).**  
**ALLERGEN INFORMATION: CONTAINS WHEAT, SOYA & MILK.**  
**STORE IN A COOL, HYGIENIC, DRY PLACE.**





S.No.	E-number	Class of Additive	Name of the Additive
1	1422	Preserving Freshness	Acetylated distarch adipate
2	101	Colours	(i) Riboflavin (ii) Riboflavin-5'-phosphate
3	171	Colours	Titanium dioxide
4	503	Raising agents	(ii) Ammonium hydrogen carbonate
5	471	Emulsifiers	Texture and Consistency
6	621	flavour enhancers	Monosodium glutamate
7	339	Phosphates	Potassium phosphates (i) Mono potassium phosphates (ii) Dipotassium phosphates
8	110	Colours	Appearance of food items
9	422	Glycerol	Humectant, solvent, sweetener, and thickening agent
10	500	Acidity Regulators	(i) Sodium carbonate
11	451	Acidity Regulators	(i) Pentasodium triphosphate
12	621	Flavour enhancers	Monosodium glutamate

