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|  | [**The health impact of food additives**](https://erc.europa.eu/projects-statistics/science-stories/health-impact-food-additives)  **Whilst enhancing taste and appearance, some additives in our food may be having a negative impact on our bodies. ERC grantee Mathilde Touvier is disentangling mixtures of chemicals in ultra-processed food to understand how they may increase risk for disease, including cardiovascular diseases and cancer. Her research is set to generate important ...**  **erc.europa.eu** |

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|  | [**Food additives - World Health Organization (WHO)**](https://www.who.int/news-room/fact-sheets/detail/food-additives)  **Food additives can be derived from plants, animals, or minerals, or they can be synthetic. They are added intentionally to food to perform certain technological purposes which consumers often take for granted. There are several thousand food additives used, all of which are designed to do a specific job in making food safer or more appealing. WHO, together with FAO, groups food additives into ...**  **www.who.int** |

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|  | [**Common food additives and chemicals harmful to children**](https://www.health.harvard.edu/blog/common-food-additives-and-chemicals-harmful-to-children-2018072414326)  **Thanks for visiting. Don't miss your FREE gift. The Best Diets for Cognitive Fitness, is yours absolutely FREE when you sign up to receive Health Alerts from Harvard Medical School. Sign up to get tips for living a healthy lifestyle, with ways to fight inflammation and improve cognitive health, plus the latest advances in preventative medicine, diet and exercise, pain relief, blood pressure ...**  **www.health.harvard.edu** |

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[**Are Artificial Food Additives Harmful to Your Health?**](https://www.healthline.com/nutrition/artificial-food#potential-side-effects)

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|  | [**Are Artificial Food Additives Harmful to Your Health?**](https://www.healthline.com/nutrition/artificial-food#potential-side-effects)  **Can artificial food additives be part of a healthful diet? This article explains whether food additives are beneficial for human health or should be avoided.**  **www.healthline.com** |

[**Health effects of synthetic additives and the substitution potential of plant-based additives - ScienceDirect**](https://www.sciencedirect.com/science/article/abs/pii/S096399692401247X)

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|  | [**Health effects of synthetic additives and the substitution potential of plant-based additives - ScienceDirect**](https://www.sciencedirect.com/science/article/abs/pii/S096399692401247X)  **Food additives play a pivotal role in the food industry, offering a multitude of benefits. These include maintaining nutritional quality, enhancing sensory properties, extending shelf life, improving overall quality, and facilitating food processing operations (European Commission, 2008).**  **www.sciencedirect.com** |

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[**Food additives | Better Health Channel**](https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/food-additives#types-of-food-additives)

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|  | [**Food additives - Better Health Channel**](https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/food-additives#types-of-food-additives)  **Food additives are chemicals added to foods to keep them fresh or to enhance their colour, flavour or texture. They may include food colourings (such as tartrazine or cochineal), flavour enhancers (such as MSG) or a range of preservatives.**  **www.betterhealth.vic.gov.au** |

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|  | [**Food Additives - From Chemistry to Safety | IntechOpen**](https://www.intechopen.com/books/13445)  **This book offers a comprehensive overview of food additives, exploring their chemistry, applications, and safety implications. It delves into the various classes of additives, including antioxidants, sweeteners, flavorings, and preservatives, providing detailed insights into their extraction, mechanisms of action, chemical properties, and quality assurance parameters. Addressing the growing ...**  **www.intechopen.com** |

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|  | [**Ultra‐Processed Food Consumption and Risk of Incident Hypertension in US Middle‐Aged Adults**](https://www.ahajournals.org/doi/full/10.1161/JAHA.124.035189)  **Ultra‐processed food (UPF) is manufactured food that is sparse in whole foods and contains ingredients extracted from foods as well as artificial substances. 1 UPF is typically nutrient poor, low in fiber, and high in refined carbohydrates, added sugar, sodium, and preservatives. Over the past 2 decades, consumption of UPF in the United States has increased substantially. 2, 3, 4 In the ...**  **www.ahajournals.org** |

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| <https://www.sciencedirect.com/topics/food-science/dietary-habit>  Quote: “Dietary habits are influenced by socio-cultural, personal and family aspects. Favorable economic conditions, constant food availability, fashionable [eating habits](https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/eating-habit), poor family supervision, influence of TV advertisements on food selection, low price but non-healthy food industry offers, poor socio-cultural level, among others, are all factors that probably increase the risk of being obese in predisposed subjects in our obesogenic environment” LITERATURE REVIEW |
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| [Let Go of Perfection: Build Meal Prep Habits That Last with a Progress-First Mindset](https://www.si.com/everyday-athlete/nutrition/finding-consistency-and-long-term-sustainability-in-meal-prepping) |
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