

Ingredients on Labels

A food additive is any substance that is added to a food or drink in order to preserve it, maintain its quality or make it more appealing. More than 850 additives are authorized by Health Canada for use in Canada. Below are some examples of common food additives you can find on the **Sip Smart! BC™ Drink Cut-outs**. **Sip Smart! BC™ Drink Cut-outs** represent some of the most common drinks consumed by Grade 4-6 students in BC.

Food Additive	Examples
Gelling and thickening agent: thicken drinks to give body and texture	carageenan, ester gum, maltodextrin
Anti-caking agent: allows powders to run freely	trisodium phosphate, disodium phosphate, tricalcium phosphate, monopotassium phosphate
Vitamins and amino acids: nutrients that are needed in small amounts for growth and good health. Because the body cannot make them, you need to get them from what you eat and drink	pantothenic acid (vitamin B5), vitamin A palmitate, taurine
Naturally occurring substances: may have health benefits but little to no quality research exists to prove this claim	glucoronolactone, inositol
Phytochemicals: compounds that are produced by plants	lutein
Sweeteners: sweeten food without adding calories	acesulfame-potassium, aspartame, mannitol, sorbitol, xylitol
Acids: give a sharp flavour and act as a preservative	citric acid, sodium citrate
Oils: thicken foods to give texture and body	vegetable oil
Plant extracts: may have some health benefits but are not tested in children for safety, may contain caffeine	ginseng, guarana, yerba mate

What about % Daily Value?

The % Daily Value represents the percentage of a recommended daily amount that 1 serving of this food or drink provides.

For example, a label may show that a serving of a drink provides 15% of the daily recommended amount of vitamin C. This means you still need another 85% to meet the recommended goal. The % Daily Value is based on a 2,000-calorie diet for adults older than 18.

References

Eat Right Ontario. Table adapted from: *Facts on Food Additives*, 2016

Health Canada, *Frequently Asked Questions About Nutrition Labelling*, December 2009

Health Canada, *Lists of Permitted Food Additives*, 2013