

# 食品添加劑 Food Additives

可以為食品調味、改變食品的質地、添加營養物質和保存食品  
Use in colouring food, flavouring food, changing the texture of food, adding nutrients, and preserving food

歐盟國家列出了多種安全食品添加劑，每種都提供了E編號。

The European Union countries list many types of safe food additives, and each of them provides an E number.



## 著色劑

例如檸檬黃

Colourings

e.g. tartrazine

E102



## 防腐劑

例如苯甲酸

Preservatives

e.g. benzoic

acid

E210

## 乳化劑和穩定劑

例如山梨醇

Emulsifiers and

stabilisers

e.g. lecithin

E322



## 抗氧化劑

例如水楊酸

Anti-oxidants

e.g. BHA

E320

References:

Poon, Y. F. (n. d). Food additives. Essentials of Food Chemistry