

STRUCTURE OF THE BOOK

The first two chapters are intended to gradually learn the ins and outs of E-numbers. After that, the somewhat more difficult material in chapters 3 and 4 can be taken in with more understanding.

Chapter 1: What are E-numbers?

- ◆ The difference between raw materials, fractions and excipients.
- ◆ How are E-numbers created?
- ◆ What are the different categories for the excipients?
- ◆ Why are excipients rejected?
- ◆ Why are so many E-numbers missing?
- ◆ Food safety and health, the differences.
- ◆ How many E-numbers do we consume daily?

Chapter 2: The Rules

- ◆ Who checks the use of E-numbers?
- ◆ Implementing the regulations.
- ◆ What if an additive does not have an E-number?

Chapter 3: For a social debate

- ◆ Does the regulation apply to every product and all professional categories?
- ◆ An E-number provides the consumer with transparency and openness.
- ◆ A product without an E-number can be this misleading.
- ◆ From Clean Label to Transparent Label, the ultimate solution?

Chapter 4: Consumer interests

- ◆ Kosher and/or halal.
- ◆ Sustainable and/or ecological variants.

Annex A

In Annex A, the E-numbers are sorted in numerical order. The following information is given for each E-number: name and origin, health assessment, possible suitability with the right certification and/or conditions, applications, use, legislation, safety, country of origin, alternatives and sustainability.

Annex B

In Annex B the E-numbers are sorted alphabetically. In addition, the functional categories of each E-number are indicated.

Annex C

Annex C indicates which E-numbers are used for each functional category with the relevant function.

Annex D

This Annex contains a very comprehensive list of suppliers of additives, intended for professionals.