

DISCOVER THE BEST NATURAL ALTERNATIVES TO CHEMICAL ADDITIVES IN ULTRA-PROCESSED FOODS

The search for natural alternatives to chemical additives is one of the main objectives of the food industry. In today's age, where health and wellbeing are a priority, the food industry is undergoing a revolution in terms of the ingredients and processes they use in food. More and more consumers are demanding less processed and more natural foods, free of artificial additives.

Ultra-processed foods are known for the large number of chemical additives on their labels. These additives are used to improve organoleptic or safety aspects of the food, but are there natural options to replace them? In today's blog we bring you a guide to the best natural alternatives to additives in your ultra-processed foods, so you can offer a healthier and microbiologically safer food!

¿Qué aditivos químicos se usan en alimentos ultraprocesados y por qué los consumidores quieren evitarlos?

Chemical additives are substances added to foodstuffs for the purpose of improving their taste, texture, colour or durability. They are regulated by [Regulation \(EC\) No 1333/2008](#) of the European Parliament and of the Council of 16 December 2008, which lists, under the associated E number, all additives permitted in the European Union and their restrictions on use.

The current concern about these additives is due to studies that have suggested that excessive consumption of additives in ultra-processed foods (such as sausages, ready meals, pastries, etc.) could be linked to various health risks: such as allergies, metabolic disorders and adverse effects on gastrointestinal health.

The lack of transparency in product labelling often also makes it difficult for consumers to make informed food choices. This is why consumers are increasingly looking for natural alternatives that are free of artificial additives.

What natural alternatives to chemical additives are there on the market?

There is a wide variety of natural alternatives to chemical additives in the ingredients market. Ultra-processed foods often need additives to help maintain colour, give a specific flavour or preserve the food for more days than a fresh product, however, natural ingredients can be used to provide the same benefits as artificial additives.

The best known additive substitutes are herbal and spice extracts, fruit or vegetable juices, and other natural extracts that can act as preservatives, colourings and flavour enhancers in a safe and healthy way. They are a good natural and environmentally friendly option. However, there are also other natural ingredients that are more effective as preservatives, such as ferments or lactic acid bacteria.

What are starters as an alternative to chemical additives?

[Starters are groups of lactic acid bacteria](#) that offer an excellent alternative to artificial additives.

It is traditionally known that the way in which starters perform this preservative function is through the maturation of the product. This usually includes an organoleptic change in the food due to acidification, which lowers the pH and modifies the organoleptic characteristics of the matrix. They not only improve the preservation of the food, but also enhance its taste and nutritional value. Traditionally, these starters have been used in the maturation of sausages and cheeses and are well known to manufacturers.

There are, however, ferments that do not produce acidification in the product but do carry out [food preservation by different mechanisms](#) such as competition.

Amerex stands out in this case as a supplier of natural preservatives based on ferments, offering innovative and healthy solutions for the food industry as an alternative to chemical additives.

¿Qué beneficios obtienes al optar por alternativas naturales en alimentos ultraprocesados?

By choosing foods that are free of artificial additives and rich in natural ingredients, you gain a multitude of benefits. Firstly, you are promoting a healthier and more nutritious diet, and by avoiding synthetic additives, you reduce exposure to harmful chemicals and promote a more natural and sustainable lifestyle.

On the other hand, the use of these natural alternatives in ultra-processed foods, such as ferments, allows for the reduction of food processing resulting in a more "homemade" product. Together with the elimination of chemical additives, the consumer will get a more positive image of that food.

Where to find a supplier of Natural Alternatives to additives in ultra-processed foods?

As a supplier of natural alternatives to food additives, Amerex has more than 40 years' experience in providing innovative and sustainable solutions for the food industry.

Our natural ferment-based preservatives are an excellent alternative to artificial additives, guaranteeing the quality and safety of your food products without compromising taste or freshness. We have different product ranges, such as the [Biamex range of ferments](#) or [Safemix natural flavourings](#), which include preservatives for specific problems, such as protection against Listeria or Salmonella, or for the removal of additives such as nitrite or sorbate.

In short, by choosing natural alternatives free of artificial additives, you are taking a step towards a healthier and more conscious diet. With options such as fermented foods as an alternative to additives and the commitment of

companies like Amerex, it is easier than ever to enjoy delicious and nutritious food by offering the best choice to the consumer.

If you would like to know more about these natural options, please contact us for more information:

- By sending an email to: imasd@amerexingredientes.es
- By calling us to: Phone number: +34 91 845 42 14
- By filling in the form bellow

See you neXt time!