



Additives

Are all additives harmful? The answer is NO. In fact some additives can be good for you and even necessary. Vitamins and minerals are sometimes added to certain foods to improve their nutritional profile and help increase our daily intake.

Vitamin D is not found in large amounts in many foods and unless you get adequate sunlight each day, you may be at risk of deficiency. It is important for bone, muscle and brain health and therefore is added to some dairy foods. Folate is added to cereals because it is essential for metabolism as well as being vital during pregnancy to prevent neural tube defects in the growing baby.

Additionally, Vitamins C and E are powerful antioxidants that support our immune system and assist with wound healing. These nutrients are added to margarines, juices, breads and cereals.

VIS Sports Dietitian, Kylie Andrew