

Health Assessment of Intake of Food Preservative (Benzoate and Sorbate) in Taiwanese

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Abstract This study explored the intake of food preservative in daily consumed food and further assessing the health risk in Taiwan. This study used three major national representative databases including: 1) Nutrition and Health Survey in Taiwan (NAHSIT), 2) Taiwan Total Diet Study (TTDS) and 3) National Health Insurance Research Database (NHIRD) to assess exposure and its related health risk. Exposure assessments during 1993-1996 and 2005-2008 and their change in five diet strata (Hakka area; Mountainous area; Peng-Hu islands; East coast; and Taiwan) were assessed. The %ADI of benzoic acid and sorbic acid during 1993-1996 and 2005-2008 was 16.05 % and 23.13 % among 51-64 years-old Hakka males, respectively. This study suggested that the health risk assessment of intake of preservative (benzoate and sorbate) and its related health effects was in need, especially for allergic diseases.

Keywords: benzoic acid, sorbic acid, health risk, preservative

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