

The FSA and its role in regulating additives

The FSA makes sure food is safe and what it says it is.

- We also look out for the consumer interest in the food system.
- We assess whether additives are harmful:
 - Hazard identification
 - Hazard characterisation
 - Exposure assessment
 - Risk characterisation
- Every additive goes through strict testing before it is allowed to be used in UK food.
- We monitor consumer concerns about food.
 - About 7 in 10 people are worried about ultraprocessed food.

Other Government departments play leading roles.

In Scotland

- Food Standards Scotland

In Northern Ireland

- FSA Northern Ireland

In England and Wales

- DHSC (Department of Health and Social Care)
- DEFRA (Department for Environment, Food and Rural Affairs)
- Public Health England
- Scientific Advisory Committees

Scientific Advisory Committee on Nutrition (April 2025)

- Reviewed UPFs in 2023, updated April 2025.
- Concern about associations between high consumption of ultra-processed foods (UPFs) and adverse health outcomes.
- More evidence needed. Definitions of UPFs are not well established.
- Some types of UPFs (e.g. sweetened drinks, processed red meat) show definite links. Others (e.g. some vegetarian alternatives) don't.