

Nitrate and Nitrites in Foods: Worldwide Regional Distribution in View of Their Risks and Benefits

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SUPPORTING INFORMATION

Table S1: Maximum concentration allowed in legislation for food samples covered in this review according to the countries.

	Nitrite (mg kg ⁻¹)	Nitrate (mg kg ⁻¹)
European Union Legislation¹		
Sausages, cold cuts, cured meat products, preserved meat products	150	150
Traditionally cured products	50-180	
Bacon	150	250
Ham	100	250
Cheese	150	150
Fresh spinach		3000
Preserved, deep frozen, frozen spinach		2000
Fresh lettuce		2500
Processed cereal-based foods		200
Baby foods for infants and young children		200
The United States Department of Agriculture (USDA)²		
Bacon	120	
Dry cured bacon, brine cured or injected products such as ham	200	
Frankfurters, cured sausage	156	
Dry-cured meat products	625	2187
Turkish Food Codex³		
Sucuk and pastırma	50	150
Cured meat and meat products	50	250
Cheese		50
Fresh spinach		2500-3000
Lettuce		2500-4500
Korean⁴		
Processed meats	70	
Processed fish sausage	50	
Jeotgal	5	
Sudanese⁵		
Processed meat products	100	
Thailand⁶		
Processed meats	125	500
China⁷		
Certain cured meat products	200	500
Iran⁸		
Meat products	120	

¹European Commission. 2011. Commission regulation (EU) No 1129/2011 of 11 November 2011 amending Annex II to Regulation (EC) No 1333/2008 of the European Parliament and of the Council by establishing a Union list of food additives. Off J Eur Union. L 295/1-177. Available form: https://www.fsai.ie/uploadedFiles/Reg1129_2011.pdf

²United States Department of Agriculture (USDA). 1995. Processing inspectors' calculations handbook (FSIS Directive 7620.3). United States Department of Agriculture.

³Turkish Food Codex, Appendix 16, Ankara, 2008

⁴KFDA (Korea Food and Drug Administration) (2009) Nitrite. Korea food additives code. Korea Food and Drug Administration, Cheongwon, pp 235–236.

⁵Sudanese Federal Ministry of Health

⁶Thailand's Ministry of Public Health (No.281)

⁷Preservatives in Food Regulation (Cap. 132BD) in Hong Kong

⁸ISIRI. 2010. Sausages – specification and test method. Iranian National Standard, 2303. Tehran: ISIRI.

Figure S1: The maximum (a) nitrate and (b) nitrite values of the different meat products in Table 1

