

ADDITIVES MOST LIKELY TO BE A PROBLEM – NOTE: not all additives are a problem for sensitive individuals**ARTIFICIAL COLOURS**

Yellows	102, 107,110	<i>ADDED</i> to colour foods, drinks and medicines although various colours are banned in some countries particularly in Europe
Reds	122-129	Found in a wide variety of foods including lollies and sweets, cakes and cake icing, buns and biscuits, custard mixes, sauces, commercial mint jelly, jellies, savoury snacks, cordials and ice cream to enhance the colour to make pale products look richer and creamier.
Blues	131, 132	
Green	142	
Black	151	
Browns	154, 155	

NATURAL COLOURS

Cochineal	120	<i>NATURAL</i> red dye from a female Mexican scale insect that lives on a cactus plant – true allergy reactions (even anaphylaxis) can occur
Annatto – natural	160B	<i>NATURAL</i> reddish yellow dye from seeds of a Central American native plant
Annatto – added		<i>ADDED</i> to cereals, snack foods, dairy foods including yoghurts, ice creams and cheeses

PRESERVATIVES ARE A VARIED GROUP OF COMPOUNDS

Sorbates	200-203	<i>ADDED</i> to cheese spreads, cottage cheese and sliced cheese, dried fruits, fruit drinks, fruit juices, yoghurts with fruit or nuts, licorice, low sugar jams, soft drinks & some juices
Benzoates – natural		<i>NATURALLY present</i> in berries and other fruits but low compared to added amounts.
Benzoates – added	210-218	<i>ADDED</i> to cordials, fruit flavoured drinks and juices, soft drinks and marinades
PABA		<i>ADDED</i> to cosmetics and skin creams and sunscreens
Sulphites (labeling mandatory)	220-228	Produced <i>NATURALLY</i> in fermented grape products (wine and vinegar) and found in <i>all</i> foods containing wine, wine products and vinegar. May be <i>ADDED</i> to wines, particularly cask wine, to ensure appropriate fermentation <i>ADDED</i> to dried fruits that brown during processing (e.g. apricots, pears, peaches & apples), potato products, dried coconut, sausages, all crustaceans (prawns, lobsters and crab) dessert toppings, cordials etc
Nitrates, Nitrites	249-252	<i>ADDED</i> as a colour fixative (pink colour) for cured meats (ham, salamis and corned beef) and to inhibit dangerous germs growing in these meats. Also used in cheeses in low levels.
Propionates	280-283	<i>NATURALLY</i> produced in the large intestine as a by-product of digestion of dietary fibre <i>ADDED</i> to breads, bread crumbs, dressings, fruit and vegetable juices to stop fungal and mould growth

ANTIOXIDANTS

Antioxidants - natural		<i>NATURAL</i> antioxidants are found in many foods and essences can be added as a natural product e.g. rosemary is added to baby rice cereals. Of all the natural antioxidants tested to date, rosemary has been found to have the highest antioxidant capacity.
Gallates	310 -312	<i>ADDED</i> to chewing gums, bubble gum, butter blends, cereal deserts such as rice pudding, soft sweets, dried vegetables, nuts (particularly walnuts and pecans) and seeds, seasoning for instant noodles, powdered soup mixes, flaked cereals, grains, meats, baked goods that contain fat, snack foods, dehydrated potatoes & oils for deep fried foods (chips, battered fish and donuts). <i>ADDED</i> to animal feeds (even those labelled hypoallergenic), cosmetics, rubber products, and petroleum products. Many plastic packaging materials incorporate BHT
TBHQ	319	
BHA	320	
BHT	321	

FLAVOUR ENHANCERS

Natural glutamates		<i>NATURAL</i> glutamates occur in high levels in strong cheeses (Parmesan, camembert, Brie & Gruyere), soy sauce, oyster sauce, black bean sauce, tomato sauce, miso, TVP, HVP, Vegemite, mushrooms, plums and spinach
Monosodium glutamate (MSG)	621	<i>ADDED glutamates and similar compounds</i> are flavour enhancers and salts added to nearly all savoury snack foods such as flavoured crisps, biscuits and two-minute noodles
Similar flavour compounds	620, 622, 623 627-635	