



Dr Leila Masson

M.D., MPH, FRACP, FACNEM, DTMH
Paediatrician & Lactation Consultant

Nasty additives to avoid

COLOURS

Artificial

102 tartrazine	128 red 2G
104 quinoline yellow	129 allura red
107 yellow 2G	132 indigotine, indigo carmine
110 sunset yellow	133 brilliant blue
122 azorubine, carmoisine	142 green S, food green, acid brilliant green
123 amaranth	151 brilliant black
124 ponceau, brilliant scarlet	155 brown, chocolate brown
127 erythrosine	

Natural

160b annatto, bixin, norbixin

PRESERVATIVES

200-203 sorbic acid, potassium & calcium sorbates
210-213 benzoic acid, sodium, potassium & calcium benzoates
220-228 sulphur dioxide, all sulphites, bisulphites, metabisulphites
249-252 all nitrates & nitrites
280-283 propionic acid, sodium, potassium & calcium propionates Antioxidants
310-312 all gallates
319-321 TBHQ, BHA butylated hydroxyanisole, BHT butylated hydroxytoluene

FLAVOUR ENHANCERS

620-625 glutamic acid and all glutamates, MSG monosodium glutamate 627 disodium guanylate
631 disodium inosinate
635 ribonucleotides
Yeast extract, HVP HPP hydrolysed vegetable or plant protein

FLAVOURS

Unregulated

ARTIFICIAL SWEETENERS: 951 aspartame (NutraSweet, Equal)