

A simple guide to FOOD ADDITIVES



Label reading guide

Here's a list of additives most likely to cause symptoms to those who have particular sensitivities.

COLOURS

- **Artificial** 102, 107, 110, 122-129, 132, 133, 142, 151, 155
- **Natural** 160B (annatto)

FLAVOUR

- **Glutamates** 621-635 (soups, pasta sauces, stocks, Asian sauces, curry pastes, savoury snacks)

PRESERVATIVES

- **Sorbates** 200-203 (mainly in juices, cheese spreads, dips)
- **Benzoates** 210-218 (mainly in cordials, fruit drinks, fruit sauces)
- **Sulphites** 220-228 (mainly in wine, pickled onions, dried fruit)
- **Nitrates, Nitrites** 249-252 (mainly in cured meats, bacon, ham, salami)
- **Propionates** 280-283 (mainly in confectionary, bread, biscuits)
- **Antioxidants** 310-312, 319-321 (mainly in table spreads, dips, mayonnaise, salad dressings)