

FOOD ADDITIVES FACTSHEET

Listed below are ALL the synthetic colours and some of the preservatives and anti-oxidants currently used by food manufacturers which are to be avoided on the Feingold Food Programme:

• COLOURS

E102	Tartrazine
E104	Quinoline Yellow
E110	Sunset Yellow FCF
E122	Carmoisine or Azorubine
E123	Amaranth
E124	Ponceau 4R or Cochineal
E127	Erythrosine B5
E128	Red 2G
E129	Allura Red AC
E131	Patient Blue V
E132	Indigo carmine or Indigotine
E133	Brilliant Blue FCF
E142	Green S (Acid Brilliant Green)
E150	Caramel (a) (b) (c) (d)
E151	Black PN (Brilliant Black PN)
E153	Carbon Black (Vegetable Carbon)
E154	Brown FK (Kipper Brown)
E155	Brown HT
E161(g)	Canthaxanthin
E173	Aluminium
E180	Pigment Rubine (Linthol Rubine BK)

• FLAVOURINGS

All flavourings, unless clearly stated 'Natural', must be avoided. Flavourings do not have E-numbers.

• FLAVOUR ENHANCERS

E621	Monosodium Glutamate (MSG)
E622	Monopotassium Glutamate (MPG)

• ANTI-OXIDANTS

E320	Butylated Hydroxy Anisole (BHA)
E321	Butylated Hydroxy Toluene (BHT)

• PRESERVATIVES

E210	Benzoic Acid
E211	Sodium Benzoate
E220	Sulphur Dioxide
E249	Potassium Nitrite
E250	Sodium Nitrite
E251	Sodium Nitrate
E252	Potassium Nitrate

Some preservatives – the Sulphites – are known to be particularly dangerous to asthmatics.

E221	Sodium Sulphite
E222	Sodium Hydrogen Sulphite
E223	Sodium Metabisulphite
E224	Potassium Metasulphite
E226	Calcium Sulphite
E227	Calcium Bisulphite
E228	Potassium Hydrogen Sulphite

Other additives which are either dangerous to asthmatics or aspirin-sensitive people and those sensitive to 'salicylates'

E212	Potassium Benzoate
E213	Calcium Benzoate
E214	Ethyl 4 Hydroxybenzoate
E215	Ethyl 4 Hydroxybenzoate
E216	Propyl 4 Hydroxybenzoate
E217	Propyl 4 Hydroxybenzoate
E218	Methyl 4 Hydroxybenzoate
E219	Methyl 4 Hydroxybenzoate
E230	Diphenyl
E231	Ortho Phenylphenol
E232	Sodium Orthophenylphenate
E233	Thiabendazole
E234	Nisin
E235	Natamycin

• ANTI-OXIDANTS

E310	Propyl Gallate
E311	Oxtyl Gallate
E312	Dodecyl Gallate

• SWEETENERS

E950	Acesulfame	E951	Aspartame
E953	Isomalt	E954	Saccharin
E965	(i) (ii) Malitol		
E966	Lactitol	E967	Xylitol

E120 Cochineal/Carminic Acid is a natural colouring but some parents have reported reactions.

E106b ANATTO is a natural colouring which may cause problems

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E-NUMBERS

In brief, the only E-numbers that are good for you and your child, or are necessary are as follows:

Colourings

E101: Riboflavin

E160: Carotene

Preservatives

E200-E290: Necessary for food safety; not harmful, but not particularly good

Antioxidants

E300-E304: Ascorbates

E306-E309: Tocopherols

Emulsifiers, stabilizers and others

E322: Lecithin

E375: Nicotinic Acid

E440: Pectin

The following E-numbers may actually be harmful to you and your child:

Colourings

E102: Tartrazine

E104-142

E150

E151-155

E173: Aluminium

E174

Preservatives

E200-E203

E210-E219

E220-E227

E230-E249

E250-E252

E262

E281-E283

E290

Antioxidants

E310-E312

E320-E321

Emulsifiers, stabilisers and others

E385, E407, E513, E525, E535, E541, E621, E631, E635, E905, E924, E925