

**Food Additives to Avoid
Handy Purse Reference sheet**

COLOURS:

102, 104, 107, 110, 122-124, 127-129, 132,
133, 142, 151, 155, 160b (annatto)

PRESERVATIVES:

Sorbates	200-203
Benzoates	210-213
Sulphites	220-228
Nitrates, nitrites	249-252
Propionates	280-283

Antioxidants:

Gallates	310-312
TBHQ, BHA, BHT	319-321

FLAVOUR ENHANCERS:

Glutamates and MSG	620-625
Disodium guanylate	627
Disodium inosinate	631
Ribonucleotides	635
Hydrolysed Vegetable Protein (HVP)	

All ARTIFICIAL FLAVOURS

To find out why you need to avoid these go to:
<http://www.fedup.com.au>