

## Additives to avoid

The following additives may cause problems. Some people may also need to avoid natural food chemicals called salicylates, amines and natural glutamates.

### COLOURS

102, 104, 107, 110, 122-129, 133, 142, 151, 155  
160b annatto natural colour (160a betacarotene is safe)

### PRESERVATIVES

200-203 **Sorbates** in processed fruit, veges, cordial, wine

210-213 **Benzoates** in soft drinks, cordials, juice drinks

220-228 **Sulphites** in many foods including cordial, wine, processed fruit & vegetables, sausages, bread, these additives can trigger asthma

249-252 **Nitrates, nitrites** in processed meats like ham, devon, salami

280-283 **Propionates** in bread, crumpets, hamburger buns, and avoid whey powder in bakery products

310-312 **Antioxidants** in vegetable oils, chips, fried foods, 319-321 soymilk, biscuits, not always listed (300-309 safe)

### FLAVOUR ENHANCERS

620-635 **Glutamates** in tasty foods (621 is MSG, effects of 635 include rashes and/or facial swelling, HVP is natural MSG)

**ADDED FLAVOURS** in many foods, children's medicinal syrups

# FOOD INTOLERANCE NETWORK

More information

[www.fedup.com.au](http://www.fedup.com.au)

- Updated books **Fed Up** (2008) and the **Failsafe Cookbook** (2007) by Sue Dengate, available in bookstores and libraries. **Fed Up with Children's Behaviour** (DVD) available from the website, A&R bookstores
- **The Simplified Elimination Diet** booklets by Royal Prince Alfred Hospital, from dietitians
- **Friendly Food** by Anne Swain and others, in bookstores

Contacts in your area - see website

### Key References

Clarke, L and others 'The dietary management of food allergy and food intolerance in children and adults'. *Australian Journal of Nutrition and Dietetics* 1996; 53(3):89-94.

Swain AR and others. Salicylates, oligoantigenic diets and behaviour. *Lancet* 1985; ii:41-2.

Jacobson FJ and Schardt D. Diet, ADHD and behaviour: a quarter-century review. *Centre for Science in the Public Interest*, Washington DC. 1999

Download from: [www.cspinet.org](http://www.cspinet.org)

McCann D and others 'Food additives and hyperactive behaviour in 3-year-old and 8/9-year-old children in the community: a randomised, double-blinded, placebo-controlled trial'. *Lancet*. 2007 3;370(9598):1560-7.

### Food Intolerance Network

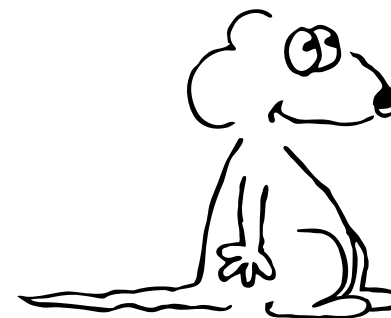
PO Box 718 Woolgoolga NSW 2456 AUSTRALIA

email: [confoodnet@ozemail.com.au](mailto:confoodnet@ozemail.com.au) for free failsafe

newsletters, dietitian lists and email support groups

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## Food and Behaviour



**BEHAVIOUR,  
HEALTH and  
LEARNING problems  
in children  
can be caused by  
common foods**

## Is your child one of these?

### The quiet ones

- inattentive, dreamy or lethargic
- anxious, depressed or has panic attacks
- grizzly, miserable (in babies and young children)

### The restless ones

- irritable, restless, easily distracted
- wakes at night or goes to bed like a jack-in-the-box

### The defiant ones: oppositional defiance

- loses temper, argues with adults
- refuses requests, defies rules
- deliberately annoys others, blames others
- touchy or easily annoyed
- angry and resentful

### Does your child or anyone in your family have ?

- hives, eczema, dermatitis, other itchy skin rashes
- headaches or migraines, tinnitus
- sensitive stomach, eg. colic or reflux, recurrent mouth ulcers, toddler diarrhoea, bloating, stomach aches, bedwetting, sneaky poos
- asthma, glue ear, chronic stuffy or runny nose
- frequent colds, flu, ear infections, tonsillitis

**Then it is possible your child is affected by common foods he or she eats every day. Adults may be affected too.**

## Effects creep up

Some children go ballistic soon after eating food colours but what most people see is this:

- **food chemicals can build up gradually, producing good days and bad days with no obvious cause**

When your child eats fast food or spaghetti, he or she might be irritable or have a bad day at school the next day or the day after.

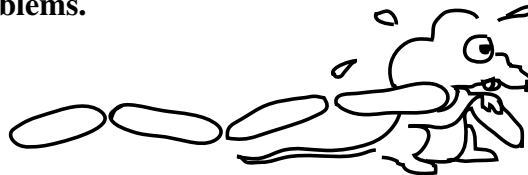
Natural foods can affect children too.

Some children are more sensitive than others.

Not all children react to the same food chemicals.

## Where do we start?

- **Some families see an improvement by avoiding food colours and preserved bread.**
- **For best results, you can do an elimination diet supervised by a dietitian to find out exactly which food chemicals cause your problems.**



## These are common problem-causing foods

- additives in soft drinks, cordials, lollies, flavoured snacks, chips and biscuits, takeaways, icecreams and “healthy” foods like bread (preservative 282), yoghurt (colour 160b).
- **natural chemicals in some fruits, juice and dried fruit & vegetables, especially tomatoes, oranges, sultanas, grapes and broccoli.**
- Food chemicals can pass through breastmilk and affect babies

## What can we eat?

**The plain, natural, unprocessed foods that children ate 40 years ago were low in additives.**

**White sugar does not affect children’s behaviour.**

**There are additive-free alternatives:**

e.g. Brumby’s, Bakers Delight plain breads; pure butter, Nuttex margarine, additive-free cream cheese; plain rolled oats, Rice Bubbles; fresh eggs, chicken, meat, fish; pears, potatoes, green beans, kidney beans, etc; plain milk, A2, soymilk; Arnotts Saladas, Milk Arrowroots; plain Kettle chips, pretzels; Peters Original vanilla ice-cream; Werther’s Original Butter Candy, Pascall’s white marshmallows; water or home-made cordial: dissolve 1 cup sugar in 1 cup warm water, add ½ -1 tsp citric acid. Dilute to taste