

# Nasty additives

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## COLOURS

### Artificial

102 tartrazine  
104 quinoline yellow  
110 sunset yellow  
122 azorubine, carmoisine  
123 amaranth  
124 ponceau, brilliant scarlet  
127 erythrosine  
129 allura red

132 indigotine, indigo carmine  
133 brilliant blue  
142 green S, food green, acid brilliant green  
143 fast green FCF  
151 brilliant black  
155 brown HT

### Natural

160b annatto, bixin, norbixin

## PRESERVATIVES

200-203 sorbic acid, all sorbates  
210-219 benzoic acid, all benzoates  
220-228 sulphur dioxide,  
all sulphites, bisulphites,  
metabisulphites  
249-252 all nitrates & nitrites  
280-283 propionic acid,  
all propionates

## SYNTHETIC 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 extracts, HVP HPP hydrolysed  
vegetable, plant or soy protein

## FLAVOURS

No numbers since they are trade  
secrets – avoid strong flavours,  
vanilla is safest