

## FOOD ADDITIVES

Code numbers of additives that may cause adverse effects

<b>COLOURS</b>		
<b>Artificial</b>	<b>102, 107, 110, 122-129, 132, 133, 142, 151, 155</b>	Found in processed foods e.g. lollies, cakes, biscuits and some medicines.
<b>Natural</b>	<b>160b (annatto)</b>	Found in margarines, custards, & other processed foods. May be written as “Annatto” or 160b
<b>PRESERVATIVES</b>		
<b>Sorbates</b>	<b>200-203</b>	Found in processed dairy foods & margarines.
<b>Benzoates</b>	<b>210-218</b>	Found in some fruit juices & in most liquid medicines.
<b>Sulphites</b>	<b>220-228</b>	Found in dried fruits, salami, wines & beer.
<b>Nitrates/ Nitrites</b>	<b>249-252</b>	Found in preserved meats, Ham & bacon.
<b>Propionates</b>	<b>280-283</b>	Found in breads & bread rolls
<b>Antioxidants</b>	<b>310-312, 319-321</b>	Found in some oils, potato chips, french fries & crisps.
<b>FLAVOURS</b>		
<b>Glutamate</b>	<b>620-625, 626-635</b>	Added MSG, in many processed foods e.g. flavoured crisps, savoury biscuits, Asian sauces, noodle flavour sachets, gravies
<b>Hydrolysed vegetable protein</b>	<b>HVP</b>	Soy alternative meat products
<b>Textured vegetable protein</b>	<b>TVP</b>	Soy alternative meat products

### What about the other additives?

Most other additives are unlikely to cause adverse reactions.

Anti-caking agents, bleaches, emulsifiers, mineral salts, propellants, food acids, thickening agents, sweeteners, vegetable gums and vitamins are generally safe.

### Want more information?

- The official shopper’s guide to food additives and labels, FSANZ
- Decoding Food Additives, Dr Geoffrey Skurray

**To find out more about these useful resources click here**

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