

Dangerous Food Additives - AVOID!

Hyperactivity (H) - Asthma (A) - Cancer (C)

102 & E102 Tartrazine (food color) H A C
104 & E104 Quinoline Yellow (food color) H A C
107 & E107 Yellow 2G (food color) H A C
110 & E110 Sunset Yellow (Yellow food color #6) H A C
120 & E120 Carmines, Cochineal (food color) H A -
122 & E122 Azorubine, Carmoisine (food color) H A C
123 & E123 Amaranth (Red food color #2) H A C
124 & E124 Ponceau, Brilliant Scarlet (food color) H A C
127 & E127 Erythrosine (Red food color #2) H A C
E128 Red 2G (Red food color) H A C
129 & E129 Allura Red AC (food color) H A C
E131 Patent Blue (food color) H A C
132 & E132 Indigotine, Indigo Carmine (food color) H A C
133 & E133 Brilliant Blue (food color) H A C
142 & E142 Acid Brilliant Green, Green S, Food Green (food color) H A -
143 Fast Green (food color) - A -
150 & E150 Caramel (food color) H - -
151 & E151 Activated Vegetable Carbons, Brilliant Black (food color) H A C
154 Food Brown, Kipper Brown, Brown FK (food color) H A C
155 & E155 Chocolate Brown HT, Brown HT (food color) H A C
160b & E160b Bixin, Norbixin, Annatto Extracts (yellow, red to brown natural colors) H A -
E173 Aluminium (preservatives) - - C
E180 Latol Rubine, Pigment Rubine (preservatives) H A C
200 &
E200-203 Potassium & Calcium Sorbates, Sorbic Acid (preservatives) H A -
210 & E210 Benzoic Acid (preservatives) H A C
211 & E211 Sodium Benzoate (preservatives) H A -
212 & E212 Potassium Benzoate (preservatives) - A -
213 & E213 Calcium Benzoate (preservatives) - A -
E214 Ethyl Para Hydroxybenzoate (preservatives) - A -
E215 Sodium Ethyl Para Hydroxybenzoate (preservatives) - A -
216 & E216 Propyl P Hydroxybenzoate, Propylparaben (preservatives) - A -
E217 Sodium Propyl P Hydroxybenzoate (preservatives) - A -
220 & E220 Sulphur Dioxide (preservatives) H A -
221 & E221 Sodium Sulphite (preservatives) - A -
222 Sodium Bisulphite (preservatives) - A -
223 & E223 Sodium Metabisulphite (preservatives) - A -
224 & E224 Potassium Metabisulfite (preservatives) - A -
225 & E225 Potassium Sulfite (preservatives) - A -
E226 Calcium Sulphite (preservatives) - A -
E227 Calcium Hydrogen Sulphite (preservatives) - A -
E228 Potassium Bisulphite, Potassium Hydrogen Sulphite (preservatives) H A -
E230 Diphenyl, Biphenyl (preservatives) - - C

E231 Orthophenyl Phenol (preservatives) - - C
E236 Formic Acid (preservative) - - C
E239 Hexamine, Hexamethylene Tetramine (preservatives) - - C
249 & E249 Potassium Nitrate (preservative) - A C
250 & E250 Sodium Nitrite (preservative) H A C
251 & E251 Sodium Nitrate (preservative) H - C
252 & E252 Potassium Nitrate (preservative) H - C
260 & E260 Acetic Acid, Glacial (preservatives) - A -
280 to 283 Calcium or Potassium or Sodium Propionates, Propionic Acid (preservatives) H A
-
310 & E310 Propyl Gallate (Synthetic Antioxidant) - A C
311 & E311 Octyl Gallate (Synthetic Antioxidant) - A -
312 & E312 Dodecyl Gallate (Synthetic Antioxidant) - A -
319 & E319 TBHQ, Tert Butylhydroquinone (Synthetic Antioxidants) H A -
320 & E320 Butylated Hydroxyanisole (BHA) (Synthetic Antioxidants) H A C
321 & E321 Butylated Hydroxytoluene (BHT) or Butylhydroxytoluene (Synthetic Antioxidants)
H A C
407 & E407 Carrageenan (Thickening & Stabilizing Agent) - A C
413 & E413 Tragacanth (thickener & Emulsifier) - A -
414 & E414 Acacia Gum (Food Stabilizer) - A -
416 Karaya Gum (Laxative, Food Thickener & Emulsifier) - A -
421 & E421 Mannitol (Artificial Sweetener) H - -
430 Polyxyethylene Stearate (Emulsifier) - - C
431 Polyxyl Stearate (Emulsifier) - - C
E432 - E435 Polyoxyethylene Sorbitan Monostearate (Emulsifiers Gelling Stabilisers
Thickeners Agents) - - C
433 - 436 Polysorbate (Emulsifiers) - - C
441 & E441 Gelatine (Food Gelling Agent) - A -
466 Sodium CarboxyMethyl Cellulose - - C
507 & E507 Hydrochloric Acid (Hydrolyzing Enhancer & Gelatin Production) - - C
518 & E518 Magnesium Sulphate (Tofu Coagulant) - - C
536 & E536 Potassium Ferrocyanide (Anti Caking Agent) - A -
553 & E553 & E553b Talc (Anti Caking, Filling, Softener, Agent) - - C
620 - 625 MSG Monosodium Glutamate, Glutamic Acid, all Glutamates (Flavour Enhancers)
H A C
627 & E627 Disodium Guanylate (Flavour Enhancers) H A -
631 & E631 Disodium Inosinate 5 (Flavour Enhancers) - A -
635 & E635 Disodium Ribonucleotides 5 (Flavour Enhancers) - A -
903 & E903 Camauba Wax (used in Chewing Gums, Coating and Glazing Agents) - - C
905 & 905 a,b,c Paraffin, Vaseline, White Mineral Oil (Solvents, Coating, Glazing, Anti
Foaming, Lubricant Agents in Chewing Gums) - - C
924 & E924 Potassium Bromate (Agent used in Bleaching Flour) - - C
925 & E925 Chlorine (Agent used in Bleaching Flour, Bread Enhancer and Stabiliser) - - C
926 Chlorine Dioxide (Bleaching Flour and Preservative Agent) - - C
928 & E928 Benzoyl Peroxide (Bleaching Flour and Bread enhancer Agent) - A -
950 & E950 Potassium Acesulphame (Sweetener) - - C
951 Aspartame (Sweetener) H A -
952 & E952 Cyclamate and Cyclamic Acid (Sweeteners) - - C

954 & E954 Saccharine (Sweetener) - - C

1202 & E1202 Insoluble Polyvinylpyrrolidone Insoluble (Stabiliser and Clarifying Agent added to Wine, Beer, Pharmaceuticals) - - C

1403 Bleached Starch (Thickenner and Stabiliser) - A -

LIST UPDATES AT:

www.traditionaloven.com/articles

and search the blog for 'food additives' or go straight to the page:

www.traditionaloven.com/articles/122/dangerous-food-additives-to-avoid