

# Additives to Avoid

**The following additives may cause health problems such as allergies, asthma, hyperactivity, birth defects and cancer.**

- Ill effects are linked to many of these additives in human trials and animal tests.
- Additives are not required to be tested in real-life cocktails in which we eat them.
- Doses allowed do not take into account a child's greater intake for their body weight.
- Research on addictive aspartame and MSG associates them with potential brain damage and effects ranging from mild and transitory to debilitating or life-threatening.

## **Colours**

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  
151 brilliant black  
155 brown, chocolate brown  
160b annatto, bixin, norbixin  
173 aluminium

## **Antioxidants**

310-312 all gallates  
319 TBHQ  
320 butylated hydroxyanisole (BHA)  
321 butylated hydroxytoluene (BHT)

## **Flavours**

Approx 3000 permitted, untested and unregulated. Artificial and natural are both suspect. Some may contain MSG (621) or free glutamate.

*'...flavouring' implies artificial, 'flavoured with ...' implies natural.*

## **Flavour enhancers**

620-625 glutamic acid and all glutamates, incl.  
621 monosodium glutamate (MSG) which may be disguised as hydrolysed protein, yeast extract, sodium or calcium caseinate. See [www.truthinlabeling.com](http://www.truthinlabeling.com)  
627 disodium guanylate  
631 disodium inosinate  
635 ribonucleotides

## **Preservatives**

200-203 sorbic acid, potassium & calcium sorbates  
210-213 benzoic acid, sodium, potassium & calcium benzoates  
220-228 sulphur dioxide, all sulphites, bisulphites, metabisulphites  
249-252 all nitrates & nitrites  
280-283 propionic acid, sodium, potassium & calcium propionates

## **Artificial sweeteners**

950 acesulphame potassium  
951 aspartame  
952 sodium or calcium cyclamate  
954 saccharin  
955 sucralose  
961 neotame

*For more information also see: the book "The Chemical Maze" by Bill Statham, [www.fedupwithfoodadditives.info](http://www.fedupwithfoodadditives.info) <http://www.mbm.net.au/health/guide.htm>, [www.mpwhi.com](http://www.mpwhi.com) and [www.holisticmed/aspartame](http://www.holisticmed/aspartame) on aspartame, [www.nzfsa.govt.nz](http://www.nzfsa.govt.nz) (for a list of permitted additives), additive info: [www.greens.org.nz](http://www.greens.org.nz)*



**Safe Food Campaign Inc**  
**PO Box 9206**  
**Wellington 6141**  
**Ph (04) 476 8607**  
**[www.safefood.org.nz](http://www.safefood.org.nz)**