



Nutrition Fact Sheet

Food Additives to Avoid

Most of these additives are synthetic compounds with known negative effects on health. Long term consequences of consuming them are unknown so it is best to avoid them all together.

Name	E No	Usage	Facts
Allura Red AC	E129	Food colouring in snacks, sauces, preserves, soups, wine, cider etc	Avoid if you suffer from asthma, rhinitis (including hayfever) or urticaria
Amaranth	E123	Food colouring in wine, spirits, fish roe	Banned in the USA. Avoid if you suffer from asthma, rhinitis, urticaria or other allergies.
Aspartame	E951	Sweetener in snacks, sweets, alcohol, desserts, 'diet' foods	May affect people with PKU. Recent reports show low term usage can result in headaches, blindness & seizures
Benzoic Acid	E210	Preservative in many foods, including drinks, low sugar products, cereals, meat products	Can temporarily inhibit the function of digestive enzymes. May deplete glycine levels. Avoid if you suffer from asthma, rhinitis, urticaria or other allergies.
Butylated Hydroxyanisole (BHA)	E320	Preservative particularly in fat-containing foods, confectionery & meats	Possible carcinogen to humans. Also interacts with nitrates to form chemicals known to cause changes in the DNA of cells.
Brilliant Black BN	E151	In drinks, sauces, snacks, wines, cheese etc	Avoid if you suffer from asthma, rhinitis, urticaria or other allergies.
Calcium Benzoate	E213	Preservative in many foods, including drinks, low sugar products, cereals and meat products	Can temporarily inhibit the action of digestive enzymes & may deplete levels of the amino acid glycine. Should be avoided by those with hayfever, hives & asthma
Monosodium glutamate (MSG)	E621	Flavour enhancer	Known to cause pressure on the head, seizures, chest pains, headache, nausea, burning sensations and tightness in face. Many baby food producers have stopped adding to their products. Addictive.
Ponceau 4R, Cochineal Red A	E124	Food colouring	Asthma, rhinitis or Urticaria sufferers may find symptoms worse after consuming
Potassium benzoate	E212	See calcium benzoate	See calcium benzoate
Potassium nitrate	E249	Preservative in cured meats and canned meat products	Can lower oxygen-carrying capacity of the blood; it may combine with other substances to form nitrosamines (carcinogenic); may also have an atrophying effect on the adrenal gland.

Propyl p-hydroxylbenzoate, propylparaben and paraben	E216	Preservative in cereals, snacks, paté, meat products, confectionery	Parabens have been identified as the cause of chronic dermatitis for many people.
Saccharin and its Na, K and Ca salts	E954	Sweetener in diet and no-sugar products	Possibly carcinogenic to humans
Sodium metabisulphate		Preservative and antioxidant	May provoke life-threatening asthma
Sodium sulphate	E221	Preservative used in wine-making, and other processed foods	Sulphites have been associated with triggering asthma attacks. Most asthmatics are sensitive to sulphites in food.
Stannous chloride (tin)	E512	Antioxidant and colour-retention agent in canned and bottled foods, fruit juices	Acute poisoning has been reported from ingestion of fruit juices containing concentrations of tin greater than 250 mg per litre.
Sulphur dioxide	E220	Preservative	Sulphur dioxide reacts with a wide range of substances including vitamins, minerals enzymes and essential fatty acids. Adverse reactions include bronchial problems, low blood pressure, flushing, tingling sensations or anaphylactic shock. Advice is to avoid E220 if you suffer from conjunctivitis, bronchitis, emphysema, bronchial asthma or cardiovascular disease.
Sunset Yellow FCF, Orange Yellow S	E110	Food colouring	Some animal studies have indicated growth retardation & severe weight loss. Avoid if you suffer from asthma, rhinitis, urticaria
Tartrazine	E102	Yellow food colouring	May cause allergic reactions and asthma attacks. Implicated in hyperactivity disorder in children. May worsen symptoms of asthma, rhinitis and urticaria.

There are some additives that won't harm you. They are:

Colours	E101, E160	Vitamin B2, carotene, Vitamin A
Antioxidants	E300 – 304 E306 – 309	Vitamin C, tocopherols like Vitamin E
Emulsifiers	E322	Lecithin
Stabilisers	E375 E440	Niacin, pectin