

Avoid these additives

from www.fedup.com.au

COLOURS

102,104,110,122,123,124,127,129,
132,133,142,143, 151,155
natural colour 160b (annatto)

PRESERVATIVES

Sorbates	200, 201, 202, 203
Benzoates	210, 211, 212, 213
Sulphites	220, 221, 222, 223, 224, 225, 226, 227, 228
Nitrates, nitrites	249, 250, 251, 252
Propionates	280, 281, 282, 283, cultured dextrose, fermented wheat

SYNTHETIC ANTIOXIDANTS

Gallates	310, 311, 312
TBHQ, BHA, BHT	319, 320, 321

FLAVOUR ENHANCERS

Glutamates incl MSG	620, 621, 622, 623 624, 625
Ribonucleotides	627, 631, 635
Yeast extract, Hydrolysed Vegetable Protein (HVP), 129 other names	

ARTIFICIAL FLAVOURS

No numbers since they are trade secrets

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