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

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