

Additives to avoid

The following additives may cause problems.
Any additive can cause any symptom.

COLOURS

Artificial 102 tartrazine, 104 quinoline yellow, 110 sunset yellow, 122 azorubine, 123 amaranth, 124 ponceau red, 127 erythrosine, 129 allura red, 132 indigotine, 133 brilliant blue, 142 green S, 143 fast green FCF, 151 brilliant black, 155 chocolate brown

Natural 160b annatto natural colour (160a betacarotene is safe)

PRESERVATIVES

200-203 **sorbates** widely used

210-213 **benzoates** in drinks, syrups, medications

220-228 **sulphites** (asthma) in dried fruit, drinks, sausages, wine, etc

249-252 **nitrites** in processed meats like ham, devon, salami

280-283 **propionates** in bread, wraps; avoid 'cultured' anything (eg cultured dextrose)

310-312 **antioxidants** in vegetable oils, margarine, fried foods,

319-321 biscuits, not always listed (300-309 are safe)

FLAVOUR ENHANCERS

620-625 **glutamates** (621 is MSG) in tasty foods

627, 631, 635 **nucleotides** (itchy rashes, palpitations, anxiety)

Many concentrated natural glutamates like yeast extract

<http://bit.ly/1K1ndMJ>

ADDED FLAVOURS in many foods and syrup medications

Some natural chemicals can cause the same effects as additives if eaten often or concentrated by processing, as in tomato sauce.

People may need to reduce natural chemicals called salicylates, amines and natural glutamates. For more information see www.fedup.com.au.

FOOD INTOLERANCE NETWORK

More information

Fed Up, The Failsafe Cookbook and the DVD
Fed up with Children's Behaviour by Sue Dengate
at www.fedup.com.au

RPAH Elimination Diet Handbook and Friendly Food
by Anne Swain and others at www.allergy.net.au

www.fedup.com.au



Key scientific references <http://bit.ly/29q6Hdd>

Clarke L and others, 'The dietary management of food allergy and food intolerance in children and adults'.
Aust J Nutr Diet 1996; 53(3):89-94.

Factsheet: 'The science linking food dyes with impacts on children's behaviour', Centre for Science in the Public Interest, Washington DC, 2016 <https://www.cspinet.org/fooddyes/>

McCann D and others 'Food additives and hyperactive behaviour in 3-year-old and 8/9-year-old children in the community: a randomised, double-blinded, placebo-controlled trial'.
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Dengate S and Ruben A, 'Controlled trial of cumulative behavioural effects of a common bread preservative', J Paediatr Child Health 2002;38(4):373-6.

Swain AR and others, 'Salicylates, oligoantigenic diets and behaviour'.
Lancet 1985; 6;2(8445):41-2.

The information given is not intended as medical advice. Always consult with your doctor for underlying illness. Before beginning dietary investigation, consult a dietitian with experience in food intolerance <http://bit.ly/29iJe9T>

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Food Intolerance



HEALTH,
BEHAVIOUR and
LEARNING problems
in children and adults
can be caused by
common foods

Is your child one of these?

The quiet ones

- inattentive, dreamy or lethargic
- anxious, depressed, panic attacks, self harm
- grizzly, miserable (in babies and young children)

The restless ones

- irritable, easily distracted, easily bored, loud
- difficulty falling asleep, night waking, insomnia

The defiant ones

- loses temper, argues
- refuses requests, defies rules
- deliberately annoys others, blames others
- touchy or easily annoyed
- angry and resentful

Does your child or anyone in your family have?

- hives, eczema, dermatitis, other itchy skin rashes
- headaches or migraines, tinnitus
- sensitive stomach, eg. colic or reflux, recurrent mouth ulcers, toddler diarrhoea, bloating, stomach aches, bedwetting, sneaky poos
- asthma, frequent night cough, chronic stuffy or runny nose
- frequent colds, flu, ear infections, tonsillitis
- joint pain, arthritis

Then it is possible your child is affected by common foods eaten every day. Adults may be affected too.

Effects creep up

Some children become restless or noisy soon after eating processed food but most people see this:

- **food chemicals can build up gradually, resulting in good days and bad days with no obvious cause**

When your child eats processed food or tomato sauce, he or she might be irritable or have a bad day at school the next day or the day after.

Natural food chemicals can also cause problems.

Some people are more sensitive than others.

Different people react to different food chemicals.

Where do we start?

- **Many families see an improvement by reducing their intake of additives, especially artificial colours and the preservative in bread.**
- **For best results, you can do the RPAH elimination diet supervised by a dietitian from our list to find out exactly which food chemicals cause your problems.**
- **Always read the ingredients list carefully. The more additives you eat the more likely you will be affected.**



These are common problem-causing foods

- Additives in soft drinks, cordials, lollies, flavoured snacks, chips and biscuits, takeaways, ice creams and "healthy" foods like bread (preservative 282), yoghurt (colour 160b)
- **Natural chemicals in some fruits and vegetables especially fruit juice, tomato-based sauces, oranges, sultanas, broccoli.**
- Food chemicals can pass through breastmilk and affect babies.

What can we eat?

The plain, natural unprocessed foods that children ate 50 years ago were low in additives.

Sugar does not affect children's behaviour but it is best eaten in small amounts because it contains few nutrients, can interfere with appetite, and is bad for teeth.

Some additive-free low salicylate

alternatives: preservative-free bread, plain pasta, rice, rolled oat porridge, Rice Bubbles; fresh fruit and vegetables such as pears, potatoes, green beans, garlic; fresh eggs, meat, fish and chicken; plain milk, yoghurt or soymilk; pure butter or additive-free margarine; plain unflavoured crackers, plain potato crisps, colour-free vanilla icecreams, colour-free marshmallows, caramels, toffees or butterscotch.