

## ADDITIVES TO AVOID

### Colours

- 1) **102** Tartrazine, FD & C Yellow, Yellow dye No.5
- 2) **122-124** Azorubine, amaranth, ponceau
- 3) **150d** Sulphite ammonia caramel
- 4) **160b** "Natural flavour" - annato, bixin, norbixin

### Preservatives

- 5) **200-203** Sorbates
- 6) **210-219** Benzoates (es. 211)
- 7) **220-228** Sulphites
- 8) **280-283** Propionates

### Flavours/sweeteners

- 9) **620- 635** Glutamates
- 10) **950-965** Artificial sweeteners  
*E.g. aspartame, cyclamates.*

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