

Low food additive diet for calmer, happier children

Avoid artificial colours

E102, E104, E107, E110, E122, E123, E124, E127, E128, E129, E132, E133, E142, E151, E155, natural colour E160b (annatto)

SAFE COLOUR ALTERNATIVES

Curcumin (turmeric) yellow 100
Cochineal red 120
Copper chlorophyll green 141
Betacarotene yellow 160a,
Beet red 162
Saffron, crocetin or crocin 164
Titanium dioxide white 171

Riboflavin yellow 101
Chlorophyll green 140
Caramel brown 150a
Yellow 160e
Anthocyanins red, blue, violet 163
Calcium carbonate white 170
Iron oxides yellow/red /black 172

Avoid artificial preservatives

Benzoates E210-213 mainly in drinks, sauces, processed foods (E211)

Sulphites E220-228 mainly in sausages, soft drinks, dried fruit

Nitrates, E 249-252 mainly processed meat esp bacon ham

(underlined are incl in lancet study and carry warnings in UK)

SAFE ALTERNATIVES to many preservatives include refrigeration, freezing, ascorbates 300-304. Calcium sulphate 516

Avoid flavour enhancers

Glutamates E621-626,627,631,635, MSG is E621- in most processed savoury foods incl potato chips

Hydrolysed vegetable protein (HVP)- added to savoury processed meats

Avoid known stimulatory chemicals

eg. Caffeine, NutraSweet (aspartame E951), saccharin (E 954), chocolate

Avoid antioxidants

Gallates E310-312

TBHQ, BHA, BHT E319-321

Good resource www.fedupwithfoodadditives.info. These materials have been adapted from Dr. M Dyson