

## **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/](http://www.fedupwithfoodadditives.info/)

Adapted from materials created by Dr Deb Fewtrell

Metabolic  
Immunologic  
Neurologic  
Digestive  
Developmental

