

## Nasty additives in the USA from [www.fedup.com.au](http://www.fedup.com.au)

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Although artificial colors are most often associated with hyperactivity, and sulphites with asthma, people are different and any additive can cause any effect.

**ARTIFICIAL COLORS** - avoid them all (there are probably more numbers than those listed)

Yellow #5	102 tartrazine
	104 quinoline yellow
	107 yellow 2G Yellow
# 6	110 sunset yellow
	122 azorubine, Red
#2	123 amaranth Red #4
	124 ponceau red, Red
#3	127 erythrosine
	128 red 2G Red #40
	129 allura red Blue
#2	132 indigotine, Blue
#1	133 brilliant blue
Green #3	142 green S
	151 brilliant black
	155 chocolate brown

### NATURAL COLOR

Annatto - in butter and many other products (other natural colors are OK)

### PRESERVATIVES

sorbates - in margarine, dips, cakes, fruit products, others  
benzoates - in juices, soft drinks, cordials, syrups  
sulphites - in dried fruit, fruit drinks, and many others  
propionates - in bread, crumpets, bakery products (propionate preservatives in bread are now likely to be hidden as an innocent-sounding ingredient, listed as cultured or fermented anything, e.g. cultured dextrose, cultured wheat, cultured whey (or just whey powder), cultured rice; fermented wheat)  
nitrates, nitrites - in processed meats like ham, bacon, many others

**ANTIOXIDANTS** - synthetic antioxidants in margarines, vegetable oils, fried foods and foods containing vegetable oils

Gallates  
TBHQ, BHA, BHT

**FLAVOUR ENHANCERS** - in tasty foods, fast foods, snack foods

MSG, HVP (hydrolysed vegetable protein), HPP (hydrolysed plant protein), yeast extract and many other variations. [Can be hidden in many forms.](#)  
disodium inosinate (DSI or IMP), disodium guanylate (DSG or GMP), nucleotides (combination of IMP and GMP also called I&G) - these new additives can cause dramatic problems see our [Ribo Rash factsheet](#)

### ADDED FLAVORS

There are thousands of artificial flavors that don't have to be identified by name because they are considered to be trade secrets. Flavors can contain unlisted artificial colors and preservatives.

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