

COMPREHENSIVE LIST OF FOOD ADDITIVES TO AVOID



125 FOOD ADDITIVES and Ingredients to keep clear of



A

Acesulfame-K Acesulfame Potassium (E950)

Acetic Acid (E260)
Acetic Acid Ester (E472A)
Acetylated Distarch Phosphate (E1414)
Acetylated Distarch Adipate (E1422)
Alkanet, Alkannin (E103)
Alginic Acid (E407a)
Aluminium (E173)
Allura Red AC (E129)
Amaranth (E123)
Ammonium chloride (E510)
Ammonium Acetate (E264)
Aspartame (E951)
Azodicarbonamide (E927)
Azorubine (A122)

B

Benzoic Acid (E210)
Benzoyl Peroxide (E928)
Biphenyl / Diphenyl (E230)
Butylated hydroxyanisole BHA (E320)
Butylated hydroxytoluene BHT (E321)
Black PN / Brilliant Black (E151)
Bleached Flour
Brilliant Blue FCF (E133)
Bromated Flour
Brominated Vegetable Oil (BVO) (E443)
Brown FK (E154)
Brown HT (E155)

C

Cysteine (l-cysteine) (E920)
Calcium Bromate (E924B)
Calcium Benzoate (E211)
Calcium Citrate (E333)
Calcium Disodium EDTA (E385)
Calcium Dигlutamate (E623)
Calcium Glutamate (E623)
Calcium Peroxide (E930)
Calcium Propionate (E282)

Calcium Saccharin
Calcium Sorbate (E203)
Calcium Hydrogen Sulphite (227)
Calcium Sulphite (E226)
Calcium stearoyl-2-lactylate (481)
Caprocaprylobehenin
Carbon Black (E153)
Carbon Dioxide (E290)
Carmine (E120)
Carmoisine / Azorubine (E122)
Carrageenan (E407)
Citric Acid (E330)
Citric Acid Ester (E472C)
Chlorine (E925)
Chlorine Dioxide (E926)
Cochineal / Carminic Acid (E120)
Copper Complex of Chlorophyll (E142)
Cyclamic Acid (E952)

D

Dimethylpolysiloxane (E900)
Diocetyl Sodium Sulfosuccinate DSS (E480)
Disodium Calcium EDTA (E385)
Disodium Dihydrogen EDTA
Disodium Guanylate (E627)
Disodium Inosinate (E631)
Distarch Glycerol (E1411)
Distarch Phosphate (E1412)
Dodecyl Gallate (E312)

E

EDTA Ethylenediaminetetraacetic Acid
Erythrosine BS (E127)
Ethyl Vanillin
Ethylene Oxide
Ethyl 4- Hydroxybenzoate (E215)
Ethoxyquin (E324)

F

Fast Green FCF (E143)

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G

Glutamic Acid (E620)

H

Hexamine (E239)

Hexadienoic Acid, Methyl Ester

Heptadionic Acid, Methyl Ester

High Fructose Corn Syrup (HFCS)

Hydrogenated Fats

Hydroxy Biphenyl (E231)

Hydroxypropyl Starch (E1440)

Hydroxypropyl Distarch Phosphate (E1442)

I

Indigotine / Carmine (E132)

Isomalt (E953)

L

L-Cysteine Hydrochloride (E920)

Lactic Acid Esters (E472B)

M

Methyl Silicon

Methyl 4 Hydroxy Benzoate (E218)

Methyl 4 Hydroxy Benzoate, Sodium Salt (E219)

Methylparaben

Monoammonium Glutamate (E624)

Monosodium Glutamate MSG (E621)

Monopotassium Glutamate (E622)

Monostarch Phosphate (E1410)

N

Natamycin (E235)

O

Ortho Phosphoric Acid (E338)

Octyl Gallate 9E311)

Oxidized Starch (E1404)

Olestra

Q

Quinoline Yellow (E104)

P

Partially Hydrogenated Oil

Patent Blue V (E131)

Polydextrose (E1200)

Ponceau 4R (E124)

Potassium Acetate (E261)

Potassium Benzoate (E212)

Potassium Bromate (E924)

Potassium Citrate (E331)

Potassium Hydrogen Diacetate (E261)

Potassium Sorbate (E202)

Potassium Meta Bisulphite (E224)

Potassium Nitrate (E249)

Potassium Nitrate Saltpetre (E252)

Potassium Tartate (E336)

Primaricin (E235)

Propyl Gallate (E310)

Propylparaben (E216)

Propyl 4 Hydroxybenzoate (E216)

Propyl 4 Hydroxybenzoate Sodium Salt (E217)

Phosphate Distarch (E1413)

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S

Saccharin (E954)
Sodium Aluminum Sulfate (521)
Sodium Benzoate (E211)
Sodium Biphenyl (E231)
Sodium Biphenyl 2 (E323)
Sodium Citrates (E339)
Sodium Diacetate (E262)
Sodium Ethyl P Hydroxybenzoate (E215)
Sodium Hydrogen Sulphite (E222)
Sodium Metabisulphite (E223)
Sodium Nitrite (E250)
Sodium Nitrate (E251)
Sodium O-Phenylphenol (E232)
Sodium Propyl P Hydroxybenzoate (E217)
Sodium Propionate (E281)
Sodium Stearoyl-2-Lactylate (E481)
Sodium Sulphite (E221)
Sodium Hydrogen Sulphite (E222)
Sodium Tartrate (E335)
Sodium Sorbate (E201)
Sorbic Acid (E200)
Stannous Chloride (E512)
Starch Acetate (E1420)
Sucralose (E955)
Sucroglycerides (E474)
Sucrose Polyester - Olestra
Sulfer Dioxide (E220)
Sulphuric Acid (E513)
Sunset Yellow FCF (E110)

T

Tartaric Acid (E334)
Tartaric Acid Ester (E472D)
Tertiary Butylhydroquinone TBHQ (E319)
Tetrasodium EDTA
Thiazol 4 (E233)
Tatrazine
Tragacanth (E413)
Thiazol 4 (E233)
Tatrazine (E102)
Tragacanth (E413)

V

Vanillin, when not naturally derived