



ADDITIVE AND PRESERVATIVE CHEAT SHEET

Look out for the additives and preservatives below in the ingredient list of foods you buy. If you see them in the ingredients try to find an alternative product. It might seem hard at first but there are a lot of products out there that are additive and preservative free.

This list is a summary of information available effects which are said to be associated with additives or preservatives. The findings are not universally accepted.

1. Artificial Colors

Especially watch for: 102, 104, 107, 110, 120, 122-129, 132, 142, 150, 151, 155, 160b.

Associated with: Allergies, sinus congestion, hyperactivity in children, worsening symptoms of ADD and ADHD.

2. Preservatives

TBHQ, Sorbates 200-203, Benzoates 210-213, BHT/BHA, Nitrates or Nitrites (249 - 252), Sulphites: (220 - 228).

Associated with: Allergic reactions (especially for asthmatics), nausea, diarrhea, skin rashes, headaches and more. Additive 220 (sulphur dioxide) - just as an example - is in common use in deli meats, sausages, dried fruits, alcoholic drinks and more and linked with hay fever like reactions, headaches, wheezing and hives.

3. Artificial Flavours & Flavour Enhancers

Numbers to watch for: 620-625, 627, 631, 635. This group covers over 100 possible chemical additives and includes: Hydrolysed Vegetable Protein (HVP), Hydrolysed Soy Protein (HSP), Hydrogenated Vegetable Oil, Soy Protein Isolate (SPI), Textured Vegetable Protein (TVP, Vegetable Oil, Monosodium Glutamate (MSG - also labelled as 621 and over 100 other names and products with "yeast extract" are not MSG free).

Associated with: Allergic and behavioral reactions. MSG in particular associated with: Chest pain, heart palpitations, headaches and more.