



# Food Additives

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## COMMON FOOD ADDITIVES TO AVOID

There are many chemicals added to our food, especially processed packaged food. These chemicals are designed to help enhance flavour, give food colour and prolong the shelf life. However, many of these food chemicals often exacerbate health issues such as allergies, mood and gut problems. Studies have also shown that food additives can promote behaviour issues in children and the removal of additives from the diet may help improve behaviour.<sup>1</sup>

Here is quick reference list of the common food additives to avoid and some of the common foods that are likely to contain additives.

### PRESERVATIVES

- ✗ Sorbates (numbers 200-203)
- ✗ Benzoates (numbers 210-213)
- ✗ Sulphites (numbers 220-228)
- ✗ Nitrates, nitrites (numbers 249-252)
- ✗ Propionates (numbers 280-283)

### FLAVOUR ENHANCERS

- ✗ Glutamates MSGs (numbers 620-625)
- ✗ Ribonucleotides (numbers 627,631,635)
- ✗ Hydrolysed Vegetable Protein (HVP)
- ✗ Yeast Extract

### COMMON FOODS THAT CONTAIN ADDITIVES

- ✗ Cakes, biscuits, confectionary, flavored drinks, sports drinks, soft drinks, bottled sauces such as salad dressings, BBQ sauces, breads, crackers, chips, cup of soups, minute noodles, preserved meats and boxed breakfast cereals especially those marketed at kids.

### TIPS TO AVOID FOOD ADDITIVES

- ✓ Always read the label. If there are more numbers in the ingredients list than actual food ingredients – AVOID!
- ✓ The less factory processing that has been done to a food, the better, so choose unprocessed foods wherever possible. Processed food and additives go hand in hand, so the more processed food you eat the more additives you will be consuming.
- ✓ Natural foods are always best, so food that looks like it has just been farmed.
- ✓ Look for the preservative-free options such as preservative free dried fruit.

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1. Food additives and hyperactive behaviour in 3-year-old and 8/9-year-old children in the community: a randomised, double-blinded, placebo-controlled trial, McCann et al, Lancet 2007; 370: 1560–67