### Avoid these additives from www.fedup.com.au

#### COLOURS
- 102, 104, 110, 122, 123, 124, 127, 129, 132, 133, 142, 143, 151, 155
- Natural colour 160b (annatto)

#### PRESERVATIVES
- Sorbates: 200, 201, 202, 203
- Benzoates: 210, 211, 212, 213
- Sulphites: 220, 221, 222, 223, 224, 225, 226, 227, 228
- Nitrates, nitrates: 249, 250, 251, 252
- Propionates: 280, 281, 282, 283
- Cultured dextrose or cultured anything

#### SYNTHETIC ANTIOXIDANTS
- Gallates: 310, 311, 312
- TBHQ, BHA, BHT: 319, 320, 321

#### FLAVOUR ENHANCERS
- Glutamates incl MSG: 620, 621, 622, 623, 624, 625
- Ribonucleotides: 627, 631, 635
- Yeast extract, Hydrolysed Vegetable Protein (HVP): 129 other names

#### ARTIFICIAL FLAVOURS
- No numbers since they are trade secrets

---

### Avoid these additives from www.fedup.com.au

#### COLOURS
- 102, 104, 110, 122, 123, 124, 127, 129, 132, 133, 142, 143, 151, 155
- Natural colour 160b (annatto)

#### PRESERVATIVES
- Sorbates: 200, 201, 202, 203
- Benzoates: 210, 211, 212, 213
- Sulphites: 220, 221, 222, 223, 224, 225, 226, 227, 228
- Nitrates, nitrates: 249, 250, 251, 252
- Propionates: 280, 281, 282, 283
- Cultured dextrose or cultured anything

#### SYNTHETIC ANTIOXIDANTS
- Gallates: 310, 311, 312
- TBHQ, BHA, BHT: 319, 320, 321

#### FLAVOUR ENHANCERS
- Glutamates incl MSG: 620, 621, 622, 623, 624, 625
- Ribonucleotides: 627, 631, 635
- Yeast extract, Hydrolysed Vegetable Protein (HVP): 129 other names

#### ARTIFICIAL FLAVOURS
- No numbers since they are trade secrets