

From the Food Intolerance Network www.fedup.com.au

All food additives are listed below by [code number](#) and by [name](#)

There are currently about 320 permitted food additives in Australia/New Zealand.

About 50 are most likely to cause adverse reactions. They are marked in RED with “AVOID”

Other Additives in ORANGE should be used, if at all, with caution. Very few of any of the additives listed have been adequately tested from the point of view of food intolerance so it is possible for individuals to react even if the additive is not shown in red.

Other additives are unlikely to cause food intolerance reactions. This includes anti-caking agents, bleaches, some emulsifiers, mineral salts, propellants, food acids, sweeteners (but see [factsheet](#)), thickening agents, vegetable gums and vitamins.

For countries other than Australia and New Zealand, see [USA](#) where different numbers and names are used; and [artificial colours around the world](#). Use links for [medications](#) and [toothpaste](#) that use Color Index (CI) numbers; some are shown below.

You can also search the international Codex Alimentarius <http://www.fao.org/fao-who-codexalimentarius/codex-texts/dbs/gafa/en/> or the Australia/New Zealand Food Standards Code <http://www.foodstandards.gov.au/code/Pages/default.aspx>

Last update on cautions and avoid October 2023

Last update April 2021 by Australia New Zealand Food Standards Code Schedule 8:
<https://www.legislation.gov.au/Details/F2021C00324>

Food additives by code number

- Monk fruit extract or luo han guo extract
- Sodium hydrosulphite
- Sweet osmanthus ear glycolipids

Colours

100 Curcumin or turmeric, yellow (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)

101 Riboflavin, lactoflavin, vitamin B2, Riboflavin-5'-phosphate sodium, yellow (failsafe)

102 Tartrazine, yellow #5, CI 19140, artificial AVOID

103 Alkanet or Alkannin, pink (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)

104 Quinoline yellow, CI 47005, artificial AVOID

110 Sunset yellow FCF, yellow #6, CI 15985, artificial AVOID

120 Cochineal or carmines or carminic acid, red (from beetles, [can cause true allergy](#) – CAUTION)

- 122 Azorubine or Carmoisine, CI 14720, artificial AVOID**
- 123 Amaranth, CI 16185, artificial AVOID**
- 124 Ponceau 4R, brilliant scarlet, CI 16255, artificial AVOID**
- 127 Erythrosine, red #3, CI 45430, artificial AVOID**
- 129 Allura red AC, red #40, CI 16035, artificial AVOID**
- 132 Indigotine, indigo carmine, blue #2, CI 73015, artificial AVOID**
- 133 Brilliant Blue FCF, blue #1, CI 42090, artificial AVOID**
- 140 Chlorophyll (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)**
- 141 Chlorophyll-copper complex, Chlorophyllin copper complex, sodium and potassium salts (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)**
- 142 Green S, acid brilliant green, CI 44090, artificial AVOID**
- 143 Fast green FCF, green #3, CI 42053, artificial AVOID**
- 150a Caramel I, plain
- 150b Caramel II, caustic sulphur process
- 150c Caramel III, ammonia process
- 150d Caramel IV, ammonia sulphite process
- 151 Brilliant black BN or Brilliant black PN, CI28440, artificial AVOID**
- 153 Carbon blacks or Vegetable carbon
- 155 Brown HT, chocolate brown, CI 52028, artificial AVOID**
- 160a Carotene, beta carotene (failsafe)
- 160b Annatto extracts, bixin, norbixin, CI 75120, AVOID**
- 160c Paprika oleoresins (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)**
- 160d Lycopene (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)**
- 160e b-apo-8'-Carotenal
- 160f b-apo-8'-Carotenoic acid methyl or ethyl ester
- 161a Flavoxanthin (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)**
- 161b Lutein (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)**

- 161c Kryptoxanthin (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)
- 161d Rubixanthin (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)
- 161e Violoxanthin (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)
- 161f Rhodoxanthin (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)
- 162 Beet red (may contain sodium nitrate - preservative 251- up to 25 mg/kg - CAUTION)
- 163 Anthocyanins or Grape skin extract or Blackcurrant extract, red, blue, violet (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)
- 164 Saffron or crocetin or crocin (pure colour from the saffron plant is failsafe but commercial saffron may be mixed with artificial colour 102 – CAUTION)
- 170 Calcium carbonate, mineral colour and calcium supplement (failsafe)
- 171 Titanium dioxide, mineral colour, white, CI 77891, (RPAH lists as unlikely to affect behaviour but recent research suggests an increased risk of chronic intestinal inflammation and carcinogenesis and it is banned in the EU from 2022)
- 172 Iron oxide, red, black, yellow mineral colours, CI 77491, (failsafe)
- 173 Aluminium, mineral colour
- 174 Silver, mineral colour
- 175 Gold, mineral colour
- 181 Tannic acid or tannins, brown (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)

Preservatives - sorbates (associated with the full range of food intolerance reactions)

- 200 Sorbic acid AVOID
- 201 Sodium sorbate AVOID
- 202 Potassium sorbate AVOID
- 203 Calcium sorbate AVOID

Preservatives - benzoates (associated with the full range of food intolerance reactions)

- 210 Benzoic acid AVOID
- 211 Sodium benzoate AVOID
- 212 Potassium benzoate AVOID
- 213 Calcium benzoate AVOID

216 Propylparaben or Propyl-p-hydroxy-benzoate (only permitted in food colours but watch out for them in medications - CAUTION)

218 Methylparaben or Methyl-p-hydroxy-benzoate (only permitted in food colours but watch out for them in medications - CAUTION)

Preservatives - sulphites, sulfites (associated with the full range of food intolerance reactions but particularly [asthma](#). Not to be confused with sulphates 514-519 which are failsafe)

220 Sulphur dioxide AVOID

221 Sodium sulphite, sulfite AVOID

222 Sodium bisulphite, bisulfite AVOID

223 Sodium metabisulphite, metabisulfite, meta AVOID

224 Potassium metabisulphite, metabisulfite, meta AVOID

225 Potassium sulphite, sulfite AVOID

228 Potassium bisulphite, sulfite AVOID

234 Nisin ([type of antibiotic](#))

235 Natamycin or pimaricin (type of antibiotic)

242 Dimethyl dicarbonate (preservative reclassified as a Processing Aid, like ozone, hydrogen peroxide, lactoperoxidase, sodium thiocyanate and octanoic acid)

243 Ethyl lauroyl arginate (antimicrobial)

Preservatives - nitrates and nitrites (also colour fixative function. Unlike many food additives, nitrates and nitrites are necessary. Used in processed meats, they prevent bacterial growth and food poisoning, but they are not failsafe and there are other health issues). See also [hidden additives](#)

249 Potassium nitrite AVOID

250 Sodium nitrite AVOID

251 Sodium nitrate AVOID

252 Potassium nitrate AVOID

Food acids

260 Acetic acid, glacial

261 Potassium acetate or Potassium diacetate

262 Sodium acetate, Sodium diacetate

263 Calcium acetate

264 Ammonium acetate

270 Lactic acid

Preservatives - propionates (widespread in bakery products in Australia, UK and USA, rarely used in Europe. [Frequently hidden](#) as INGREDIENTS as 'cultured wheat', 'cultured dextrose' and various other 'cultured' ingredients; and as 'fermented wheat', 'fermented wheat flour' etc)

280 Propionic acid AVOID

281 Sodium propionate AVOID

282 Calcium propionate AVOID

283 Potassium propionate AVOID

290 Carbon dioxide (propellant)

296 Malic acid (food acid)

297 Fumaric acid (food acid)

Antioxidants (Gallates and TBHQ, BHA and BHT are used to preserve vegetable oils and margarines. When vegetable oils are used in other products, these antioxidants are often unlisted because of the 5% labelling loophole. BHA and BHT can also leach into products from cereal wrappers and clingfilm. Antioxidants 300-309 are failsafe)

300 Ascorbic acid

301 Sodium ascorbate

302 Calcium ascorbate

303 Potassium ascorbate

304 Ascorbyl palmitate

307 α -Tocopherol, Vitamin E

307b Tocopherols concentrate, mixed, Vitamin E

308 δ -Tocopherol, synthetic

309 γ -Tocopherol, synthetic

310 Propyl gallate AVOID

311 Octyl gallate AVOID

312 Dodecyl gallate AVOID

315 Erythorbic acid

316 Sodium erythorbate

319 tert-Butylhydroquinone, TBHQ AVOID

320 Butylated hydroxyanisole, BHA AVOID

321 Butylated hydroxytoluene, BHT AVOID

322 Lecithin

More food acids

325 Sodium lactate

326 Potassium lactate

327 Calcium lactate

328 Ammonium lactate

329 Magnesium lactate

330 Citric acid

331 Sodium citrate, Sodium dihydrogen citrate

332 Potassium citrate, Potassium dihydrogen citrate

333 Calcium citrate

334 Tartaric acid

335 Sodium tartrate

336 Potassium tartrate or Potassium acid tartrate

338 Phosphoric acid

Mineral salts

339 Sodium phosphate, dibasic, monobasic, tribasic

340 Potassium phosphate, dibasic , monobasic, tribasic

341 Calcium phosphate, dibasic or calcium hydrogen phosphate, monobasic or calcium dihydrogen phosphate, tribasic

342 Ammonium phosphate, dibasic, monobasic or Ammonium dihydrogen phosphates

343 Magnesium phosphate, dibasic, monobasic, tribasic

349 Ammonium malate

350 Sodium malate, Sodium hydrogen malate

351 Potassium malate

- 352 Calcium malate
- 353 Metatartaric acid
- 354 Calcium tartrate
- 355 Adipic acid
- 357 Potassium adipate
- 359 Ammonium adipates
- 363 Succinic acid
- 365 Sodium fumarate
- 366 Potassium fumarate
- 367 Calcium fumarate
- 368 Ammonium fumarate
- 380 Ammonium citrate, Triammonium citrate
- 381 Ferric ammonium citrate
- 385 Calcium disodium ethylenediaminetetraacetate or calcium disodium EDTA

392 Rosemary extract (concentrated, can be high in salicylates – CAUTION)

Vegetable gums and thickeners (failsafe. Guar and xanthan are used extensively by coeliacs)

- 400 Alginic acid
- 401 Sodium alginate
- 402 Potassium alginate
- 403 Ammonium alginate
- 404 Calcium alginate
- 405 Propylene glycol alginate
- 406 Agar
- 407 Carrageenan - CAUTION**
- 407a Processed eucheuma seaweed
- 409 Arabinogalactan or larch gum
- 410 Locust bean gum or carob bean gum

- 412 Guar gum
- 413 Tragacanth gum
- 414 Acacia or gum arabic
- 415 Xanthan gum
- 416 Karaya gum
- 417 Tara gum
- 418 Gellan gum

Humectants also used as sweeteners ([excess consumption may have a laxative effect](#))

- 420 Sorbitol or sorbitol syrup (excess consumption may have a laxative effect)
- 421 Mannitol (excess consumption may have a laxative effect)
- 422 Glycerin or glycerol

Emulsifiers

- 431 Polyoxyethylene (40) stearate
- 433 Polysorbate 80 or Polyoxyethylene (20) sorbitan monooleate - CAUTION**
- 435 Polysorbate 60 or Polyoxyethylene (20) sorbitan monostearate - CAUTION**
- 436 Polysorbate 65 or Polyoxyethylene (20) sorbitan tristearate - CAUTION**
- 440 Pectin (failsafe gelling agent)
- 442 Ammonium salts of phosphatidic acid
- 444 Sucrose acetate isobutyrate
- 445 Glycerol esters of wood rosins

More mineral salts

- 450 Pyrophosphates, Potassium pyrophosphate, Sodium acid pyrophosphate, Sodium pyrophosphate
- 451 Triphosphates, Potassium tripolyphosphate, Sodium tripolyphosphate
- 452 Polyphosphates, Potassium polymetaphosphate, Sodium metaphosphate, insoluble, Sodium polyphosphates, glassy

Thickeners

- 455 Yeast mannoproteins
- 456 Potassium polyaspartate

460 Cellulose microcrystalline, powdered (anti-caking agent) - CAUTION

461 Methyl cellulose - CAUTION

463 Hydroxypropyl cellulose - CAUTION

464 Hydroxypropyl methylcellulose - CAUTION

465 Methyl ethyl cellulose - CAUTION

466 Sodium carboxymethylcellulose - CAUTION

Emulsifiers

470 Fatty acid salts of aluminium, ammonia, calcium, magnesium, potassium and sodium - CAUTION

471 Mono- and di-glycerides of fatty acids - CAUTION

472a Acetic and fatty acid esters of glycerol - CAUTION

472b Lactic and fatty acid esters of glycerol - CAUTION

472c Citric and fatty acid esters of glycerol - CAUTION

472e Diacetyltartaric and fatty acid esters of glycerol - CAUTION

472f Mixed tartaric, acetic and fatty acid esters of glycerol or tartaric, acetic and fatty acid esters of glycerol (mixed) - CAUTION

473 Sucrose esters of fatty acids

475 Polyglycerol esters of fatty acids

476 Polyglycerol esters of interesterified ricinoleic acid

477 Propylene glycol mono- and di-esters or Propylene glycol esters of fatty acids

480 Dioctyl sodium sulphosuccinate

481 Sodium lactylate, oleyl lactylate, stearyl lactylate

482 Calcium lactylate, oleyl lactylate, stearyl lactylate

491 Sorbitan monostearate

492 Sorbitan tristearate

Mineral salts (often used as anti-caking agents too)

500 Sodium bicarbonate, Sodium carbonate

501 Potassium bicarbonate, Potassium carbonate

503 Ammonium carbonate, Ammonium hydrogen carbonate

504 Magnesium carbonate
507 Hydrochloric acid
508 Potassium chloride
509 Calcium chloride
510 Ammonium chloride
511 Magnesium chloride
512 Stannous chloride
514 Sodium sulphate
515 Potassium sulphate
516 Calcium sulphate
518 Magnesium sulphate
519 Cupric sulphate
526 Calcium hydroxide
529 Calcium oxide
530 Magnesium oxide
535 Sodium ferrocyanide
536 Potassium ferrocyanide
541 Sodium aluminium phosphate
542 Bone phosphate
551 Silicon dioxide, amorphous
552 Calcium silicate
553 Magnesium silicate or Talc
554 Sodium aluminosilicate
555 Potassium aluminium silicate
556 Calcium aluminium silicate
558 Bentonite
559 Aluminium silicate

- 560 Potassium silicate
- 570 Stearic acid or fatty acid
- 575 Glucono δ -lactone or Glucono delta-lactone
- 576 Sodium gluconate
- 577 Potassium gluconate
- 578 Calcium gluconate
- 579 Ferrous gluconate
- 580 Magnesium gluconate
- 586 4-hexylresorcinol

Flavour enhancers, glutamates and glutamate boosters (frequently hidden as yeast extract, hydrolysed vegetable protein HVP or hydrolysed plant protein HPP, see [Hidden additives](#) and [129 ways food manufacturers avoid declaring these additives](#))

- 620 L-glutamic acid AVOID**
- 621 Monosodium L-glutamate or MSG AVOID**
- 622 Monopotassium L-glutamate AVOID**
- 623 Calcium glutamate AVOID**
- 624 Monoammonium L-glutamate AVOID**
- 625 Magnesium glutamate AVOID**
- 627 Disodium-5'-guanylate AVOID**
- 631 Disodium-5'-inosinate AVOID**
- 635 Disodium-5'-ribonucleotides AVOID**
- 636 Maltol
- 637 Ethyl maltol
- 640 Glycine
- 641 L-Leucine

Miscellaneous additives

- 900a Polydimethylsiloxane or Dimethylpolysiloxane (emulsifier, antifoaming agent, anti-caking agent)
- 901 Beeswax, white and yellow (glazing agent)

- 903 Carnauba wax (glazing agent)
- 904 Shellac (glazing agent)
- 905a *Mineral oil, white (reclassified as a Processing Aid)*
- 905b Petrolatum or petroleum jelly (glazing agent)
- 914 Oxidised polyethylene (humectant)
- 920 L-cysteine monohydrochloride
- 925 *Chlorine (reclassified as a Processing Aid, flour treatment agent)*
- 926 *Chlorine dioxide (reclassified as a Processing Aid, flour treatment agent)*
- 928 *Benzoyl peroxide (reclassified as a Processing Aid, flour treatment agent)*

Propellants

- 941 Nitrogen
- 942 Nitrous oxide
- 943a Butane
- 943b Isobutane
- 944 Propane
- 946 Octafluorocyclobutane

Artificial sweeteners (the safety of these is not adequately proven. Used in 'diet', 'lite' and 'no added sugar' products [they may increase appetitethey may increase appetite](#) and lead to addiction. [Artificial sweeteners](#) in general are unnecessary, artificial and not recommended. Sugar is a natural alternative)

- 950 Acesulphame potassium CAUTION**
- 951 Aspartame, Nutrasweet, Equal CAUTION**
- 952 Cyclamate or calcium cyclamate or sodium cyclamate CAUTION**
- 953 Isomalt (excess consumption may have a laxative effect)
- 954 Saccharin CAUTION**
- 955 Sucralose CAUTION**
- 956 Alitame CAUTION**
- 957 Thaumatin
- 960 Steviol glycosides

961 Neotame CAUTION

962 Aspartame-acesulphame salt CAUTION

965 Maltitol and maltitol syrup or hydrogenated glucose syrup (excess consumption may have a laxative effect)

966 Lactitol (excess consumption may have a laxative effect)

967 Xylitol (excess consumption may have a laxative effect)

968 Erythritol (excess consumption may have a laxative effect)

969 Advantame CAUTION

Foaming agents

999(i) Quillaia extract (type 1) CAUTION

999(ii) Quillaia extract (type 2) CAUTION

Additional chemicals

1001 Choline salts

1100 α -Amylase

1101 Proteases (papain, bromelain, ficin)

1102 Glucose oxidase

1104 Lipases

1105 Lysozyme

1200 Polydextrose (excess consumption may have a laxative effect)

1201 Polyvinylpyrrolidone

1400 Dextrin roasted starch

1401 Acid treated starch

1402 Alkaline treated starch

1403 Bleached starch

1404 Oxidised starch

1405 Enzyme treated starches

1410 Monostarch phosphate

1412 Distarch phosphate

1413	Phosphated distarch phosphate
1414	Acetylated distarch phosphate
1420	Starch acetate
1422	Acetylated distarch adipate
1440	Hydroxypropyl starch
1442	Hydroxypropyl distarch phosphate
1450	Starch sodium octenylsuccinate
1451	Acetylated oxidised starch
1505	Triethyl citrate
1518	Triacetin
1520	Propylene glycol
1521	Polyethylene glycol 8000
1522	Calcium lignosulphonate (40-65)

Food additives by name

4-hexylresorcinol	586
Acacia or gum arabic	414
Acesulphame potassium CAUTION	950
Acetic acid, glacial	260
Acetic and fatty acid esters of glycerol - CAUTION	472a
Acetylated distarch adipate	1422
Acetylated distarch phosphate	1414
Acetylated oxidised starch	1451
Acid treated starch	1401
Adipic acid	355
Advantame CAUTION	969
Agar	406
Alginic acid	400
Alitame CAUTION	956
Alkaline treated starch	1402
Alkanet or Alkannin, pink (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)	103
Allura red AC, red #40, CI 16035, artificial AVOID	129
Aluminium silicate	559
Aluminium, mineral colour	173
Amaranth, CI 16185, artificial AVOID	123
Ammonium acetate	264

Ammonium adipates	359
Ammonium alginate	403
Ammonium carbonate, Ammonium hydrogen carbonate	503
Ammonium chloride	510
Ammonium citrate, Triammonium citrate	380
Ammonium fumarate	368
Ammonium lactate	328
Ammonium malate	349
Ammonium phosphate, dibasic, monobasic or Ammonium dihydrogen phosphates	342
Ammonium salts of phosphatidic acid	442
Annatto extracts, bixin, norbixin, CI 75120, AVOID	160b
Anthocyanins or Grape skin extract or Blackcurrant extract, red, blue, violet (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)	163
Arabinogalactan or larch gum	409
Ascorbic acid	300
Ascorbyl palmitate	304
Aspartame, Nutrasweet, Equal CAUTION	951
Aspartame-acesulphame salt CAUTION	962
Azorubine or Carmoisine, CI 14720, artificial AVOID	122
b-apo-8'-Carotenal	160e
b-apo-8'-Carotenoic acid methyl or ethyl ester	160f
Beeswax, white and yellow (glazing agent)	901
Beet red (may contain sodium nitrate - preservative 251- up to 25 mg/kg - CAUTION)	162
Bentonite	558
Benzoic acid AVOID	210
<i>Benzoyl peroxide (reclassified as a Processing Aid, flour treatment agent)</i>	928
Bleached starch	1403
Bone phosphate	542
Brilliant black BN or Brilliant black PN, CI28440, artificial AVOID	151
Brilliant Blue FCF, blue #1, CI 42090, artificial AVOID	133
Brown HT, chocolate brown, CI 52028, artificial AVOID	155
Butane	943a
Butylated hydroxyanisole, BHA AVOID	320
Butylated hydroxytoluene, BHT AVOID	321
Calcium acetate	263
Calcium alginate	404
Calcium aluminium silicate	556
Calcium ascorbate	302
Calcium benzoate AVOID	213

Calcium carbonate, mineral colour and calcium supplement (failsafe)	170
Calcium chloride	509
Calcium citrate	333
Calcium disodium ethylenediaminetetraacetate or calcium disodium EDTA	385
Calcium fumarate	367
Calcium gluconate	578
Calcium glutamate AVOID	623
Calcium hydroxide	526
Calcium lactate	327
Calcium lactylate, oleyl lactylate, stearyl lactylate	482
Calcium lignosulphonate (40-65)	1522
Calcium malate	352
Calcium oxide	529
Calcium phosphate, dibasic or calcium hydrogen phosphate, monobasic or calcium dihydrogen phosphate, tribasic	341
Calcium propionate AVOID	282
Calcium silicate	552
Calcium sorbate AVOID	203
Calcium sulphate	516
Calcium tartrate	354
Caramel I, plain	150a
Caramel II, caustic sulphur process	150b
Caramel III, ammonia process	150c
Caramel IV, ammonia sulphite process	150d
Carbon blacks or Vegetable carbon	153
Carbon dioxide (propellant)	290
Carnauba wax (glazing agent)	903
Carotene, beta carotene (failsafe)	160a
Carrageenan - CAUTION	407
Cellulose microcrystalline, powdered (anti-caking agent) - CAUTION	460
<i>Chlorine (reclassified as a Processing Aid, flour treatment agent)</i>	925
<i>Chlorine dioxide (reclassified as a Processing Aid, flour treatment agent)</i>	926
Chlorophyll (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)	140
Chlorophyll-copper complex, Chlorophyllin copper complex, sodium and potassium salts (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)	141
Choline salts	1001
Citric acid	330
Citric and fatty acid esters of glycerol - CAUTION	472c

Cochineal or carmines or carminic acid, red (from beetles, can cause true allergy – CAUTION)	120
Cupric sulphate	519
Curcumin or turmeric, yellow (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)	100
Cyclamate or calcium cyclamate or sodium cyclamate CAUTION	952
Dextrin roasted starch	1400
Diacetyltartaric and fatty acid esters of glycerol - CAUTION	472e
<i>Dimethyl dicarbonate (preservative reclassified as a Processing Aid, like ozone, hydrogen peroxide, lactoperoxidase, sodium thiocyanate and octanoic acid)</i>	242
Diethyl sodium sulphosuccinate	480
Disodium-5'-guanylate AVOID	627
Disodium-5'-inosinate AVOID	631
Disodium-5'-ribonucleotides AVOID	635
Distarch phosphate	1412
Dodecyl gallate AVOID	312
Enzyme treated starches	1405
Erythorbic acid	315
Erythritol (excess consumption may have a laxative effect)	968
Erythrosine, red #3, CI 45430, artificial AVOID	127
Ethyl lauroyl arginate (antimicrobial)	243
Ethyl maltol	637
Fast green FCF, green #3, CI 42053, artificial AVOID	143
Fatty acid salts of aluminium, ammonia, calcium, magnesium, potassium and sodium - CAUTION	470
Ferric ammonium citrate	381
Ferrous gluconate	579
Flavoxanthin (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)	161a
Fumaric acid (food acid)	297
Gellan gum	418
Glucono δ -lactone or Glucono delta-lactone	575
Glucose oxidase	1102
Glycerin or glycerol	422
Glycerol esters of wood rosins	445
Glycine	640
Gold, mineral colour	175
Green S, acid brilliant green, CI 44090, artificial AVOID	142
Guar gum	412
Hydrochloric acid	507
Hydroxypropyl cellulose - CAUTION	463

Hydroxypropyl distarch phosphate	1442
Hydroxypropyl methylcellulose - CAUTION	464
Hydroxypropyl starch	1440
Indigotine, indigo carmine, blue #2, CI 73015, artificial AVOID	132
Iron oxide, red, black, yellow mineral colours, CI 77491, (failsafe)	172
Isobutane	943b
Isomalt (excess consumption may have a laxative effect)	953
Karaya gum	416
Kryptoxanthin (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)	161c
Lactic acid	270
Lactic and fatty acid esters of glycerol - CAUTION	472b
Lactitol (excess consumption may have a laxative effect)	966
L-cysteine monohydrochloride	920
Lecithin	322
L-glutamic acid AVOID	620
Lipases	1104
L-Leucine	641
Locust bean gum or carob bean gum	410
Lutein (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)	161b
Lycopene (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)	160d
Lysozyme	1105
Magnesium carbonate	504
Magnesium chloride	511
Magnesium gluconate	580
Magnesium glutamate AVOID	625
Magnesium lactate	329
Magnesium oxide	530
Magnesium phosphate, dibasic, monobasic, tribasic	343
Magnesium silicate or Talc	553
Magnesium sulphate	518
Malic acid (food acid)	296
Maltitol and maltitol syrup or hydrogenated glucose syrup (excess consumption may have a laxative effect)	965
Maltol	636
Mannitol (excess consumption may have a laxative effect)	421
Metatartaric acid	353
Methyl cellulose - CAUTION	461

Methyl ethyl cellulose - CAUTION	465
Methylparaben or Methyl-p-hydroxy-benzoate (only permitted in food colours but watch out for them in medications - CAUTION)	218
<i>Mineral oil, white (reclassified as a Processing Aid)</i>	<i>905a</i>
Mixed tartaric, acetic and fatty acid esters of glycerol or tartaric, acetic and fatty acid esters of glycerol (mixed) - CAUTION	472f
Monk fruit extract or luo han guo extract	–
Mono- and di-glycerides of fatty acids - CAUTION	471
Monoammonium L-glutamate AVOID	624
Monopotassium L-glutamate AVOID	622
Monosodium L-glutamate or MSG AVOID	621
Monostarch phosphate	1410
Natamycin or pimaricin (type of antibiotic)	235
Neotame CAUTION	961
Nisin (type of antibiotic)	234
Nitrogen	941
Nitrous oxide	942
Octafluorocyclobutane	946
Octyl gallate AVOID	311
Oxidised polyethylene (humectant)	914
Oxidised starch	1404
Paprika oleoresins (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)	160c
Pectin (failsafe gelling agent)	440
Petrolatum or petroleum jelly (glazing agent)	905b
Phosphated distarch phosphate	1413
Phosphoric acid	338
Polydextrose (excess consumption may have a laxative effect)	1200
Polydimethylsiloxane or Dimethylpolysiloxane (emulsifier, antifoaming agent, anti-caking agent)	900a
Polyethylene glycol 8000	1521
Polyglycerol esters of fatty acids	475
Polyglycerol esters of interesterified ricinoleic acid	476
Polyoxyethylene (40) stearate	431
Polyphosphates, Potassium polymetaphosphate, Sodium metaphosphate, insoluble, Sodium polyphosphates, glassy	452
Polysorbate 60 or Polyoxyethylene (20) sorbitan monostearate	435
Polysorbate 65 or Polyoxyethylene (20) sorbitan tristearate	436
Polysorbate 80 or Polyoxyethylene (20) sorbitan monooleate	433
Polyvinylpyrrolidone	1201

Ponceau 4R, brilliant scarlet, CI 16255, artificial AVOID	124
Potassium acetate or Potassium diacetate	261
Potassium adipate	357
Potassium alginate	402
Potassium aluminium silicate	555
Potassium ascorbate	303
Potassium benzoate AVOID	212
Potassium bicarbonate, Potassium carbonate	501
Potassium bisulphite, sulfite AVOID	228
Potassium chloride	508
Potassium citrate, Potassium dihydrogen citrate	332
Potassium ferrocyanide	536
Potassium fumarate	366
Potassium gluconate	577
Potassium lactate	326
Potassium malate	351
Potassium metabisulphite, metabisulfite, meta AVOID	224
Potassium nitrate AVOID	252
Potassium nitrite AVOID	249
Potassium phosphate, dibasic , monobasic, tribasic	340
Potassium polyaspartate	456
Potassium propionate AVOID	283
Potassium silicate	560
Potassium sorbate AVOID	202
Potassium sulphate	515
Potassium sulphite, sulfite AVOID	225
Potassium tartrate or Potassium acid tartrate	336
Processed eucheuma seaweed	407a
Propane	944
Propionic acid AVOID	280
Propyl gallate AVOID	310
Propylene glycol	1520
Propylene glycol alginate	405
Propylene glycol mono- and di-esters or Propylene glycol esters of fatty acids	477
Propylparaben or Propyl-p-hydroxy-benzoate (only permitted in food colours but watch out for them in medications - CAUTION)	216
Proteases (papain, bromelain, ficin)	1101
Pyrophosphates, Potassium pyrophosphate, Sodium acid pyrophosphate, Sodium pyrophosphate	450
Quillaia extract (type 1) CAUTION	999(i)
Quillaia extract (type 2) CAUTION	999(ii)
Quinoline yellow, CI 47005, artificial AVOID	104

Rhodoxanthin (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)	161f
Riboflavin, lactoflavin, vitamin B2, Riboflavin-5'-phosphate sodium, yellow (failsafe)	101
Rosemary extract (concentrated, can be high in salicylates – CAUTION)	392
Rubixanthin (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)	161d
Saccharin CAUTION	954
Saffron or crocetin or crocin (pure colour from the saffron plant is failsafe but commercial saffron may be mixed with artificial colour 102 – CAUTION)	164
Shellac (glazing agent)	904
Silicon dioxide, amorphous	551
Silver, mineral colour	174
Sodium acetate, Sodium diacetate	262
Sodium alginate	401
Sodium aluminium phosphate	541
Sodium aluminosilicate	554
Sodium ascorbate	301
Sodium benzoate AVOID	211
Sodium bicarbonate, Sodium carbonate	500
Sodium bisulphite, bisulfite AVOID	222
Sodium carboxymethylcellulose - CAUTION	466
Sodium citrate, Sodium dihydrogen citrate	331
Sodium erythorbate	316
Sodium ferrocyanide	535
Sodium fumarate	365
Sodium gluconate	576
Sodium hydrosulphite	–
Sodium lactate	325
Sodium lactylate, oleyl lactylate, stearyl lactylate	481
Sodium malate, Sodium hydrogen malate	350
Sodium metabisulphite, metabisulfite, meta AVOID	223
Sodium nitrate AVOID	251
Sodium nitrite AVOID	250
Sodium phosphate, dibasic, monobasic, tribasic	339
Sodium propionate AVOID	281
Sodium sorbate AVOID	201
Sodium sulphate	514
Sodium sulphite, sulfite AVOID	221
Sodium tartrate	335
Sorbic acid AVOID	200
Sorbitan monostearate	491
Sorbitan tristearate	492

Sorbitol or sorbitol syrup (excess consumption may have a laxative effect)	420
Stannous chloride	512
Starch acetate	1420
Starch sodium octenylsuccinate	1450
Stearic acid or fatty acid	570
Steviol glycosides	960
Succinic acid	363
Sucralose CAUTION	955
Sucrose acetate isobutyrate	444
Sucrose esters of fatty acids	473
Sulphur dioxide AVOID	220
Sunset yellow FCF, yellow #6, CI 15985, artificial AVOID	110
Sweet osmanthus ear glycolipids	–
Tannic acid or tannins, brown (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)	181
Tara gum	417
Tartaric acid	334
Tartrazine, yellow #5, CI 19140, artificial AVOID	102
tert-Butylhydroquinone, TBHQ AVOID	319
Thaumatococcus	957
Titanium dioxide, mineral colour, white, CI 77891, (RPAH lists as unlikely to affect behaviour but recent research suggests an increased risk of chronic intestinal inflammation and carcinogenesis and it is banned in the EU from 2022)	171
Tocopherols concentrate, mixed, Vitamin E	307b
Tragacanth gum	413
Triacetin	1518
Triethyl citrate	1505
Triphosphates, Potassium tripolyphosphate, Sodium tripolyphosphate	451
Violoxanthin (concentrated natural colours can be high in salicylates, amines or glutamates – CAUTION)	161e
Xanthan gum	415
Xylitol (excess consumption may have a laxative effect)	967
Yeast mannoproteins	455
α -Amylase	1100
α -Tocopherol, Vitamin E	307
γ -Tocopherol, synthetic	309
δ -Tocopherol, synthetic	308

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