

<u>Food Additives to Avoid</u>	
Flavour enhancers Glutamates incl MSG 620-625 Ribonucleotides 627, 631, 635 Hydrolysed Vegetable Protein (HVP) Colours 102,104,107,110,122,123,124,127,128, 129,132, 133,142,151,155 natural colour 160b (annatto) Artificial flavours No numbers, as they are trade secrets	Preservatives Sorbates 200-203; Benzoates 210-213 Sulphites 220-228; Nitrates, nitrites 249-252 Propionates 280-283 Synthetic antioxidants Gallates 310-312 TBHQ, BHA, BHT 319-321

<u>Food Additives to Avoid</u>	
Flavour enhancers Glutamates incl MSG 620-625 Ribonucleotides 627, 631, 635 Hydrolysed Vegetable Protein (HVP) Colours 102,104,107,110,122,123,124,127,128, 129,132, 133,142,151,155 natural colour 160b (annatto) Artificial flavours No numbers, as they are trade secrets	Preservatives Sorbates 200-203; Benzoates 210-213 Sulphites 220-228; Nitrates, nitrites 249-252 Propionates 280-283 Synthetic antioxidants Gallates 310-312 TBHQ, BHA, BHT 319-321

<u>Meals this Week</u>	
1.	4.
2.	5.
3.	6.

<u>Meals this Week</u>	
1.	4.
2.	5.
3.	6.

<u>Food Additives to Avoid</u>	
Flavour enhancers Glutamates incl MSG 620-625 Ribonucleotides 627, 631, 635 Hydrolysed Vegetable Protein (HVP) Colours 102,104,107,110,122,123,124,127,128, 129,132, 133,142,151,155 natural colour 160b (annatto) Artificial flavours No numbers, as they are trade secrets	Preservatives Sorbates 200-203; Benzoates 210-213 Sulphites 220-228; Nitrates, nitrites 249-252 Propionates 280-283 Synthetic antioxidants Gallates 310-312 TBHQ, BHA, BHT 319-321

<u>Food Additives to Avoid</u>	
Flavour enhancers Glutamates incl MSG 620-625 Ribonucleotides 627, 631, 635 Hydrolysed Vegetable Protein (HVP) Colours 102,104,107,110,122,123,124,127,128, 129,132, 133,142,151,155 natural colour 160b (annatto) Artificial flavours No numbers, as they are trade secrets	Preservatives Sorbates 200-203; Benzoates 210-213 Sulphites 220-228; Nitrates, nitrites 249-252 Propionates 280-283 Synthetic antioxidants Gallates 310-312 TBHQ, BHA, BHT 319-321

<u>Meals this Week</u>	
1.	4.
2.	5.
3.	6.

<u>Meals this Week</u>	
1.	4.
2.	5.
3.	6.