

Additives to avoid

Additives are used to make processed foods look and taste better or last longer. Some additives can affect babies, children or adults. Check ingredient lists for these additives. Any additive can cause any symptom.

COLORS

Artificial Yellow #5 (E102 tartrazine), E104 quinoline yellow, E107 yellow 2G, Yellow #6 (E110 sunset yellow), E122 azorubine, Red #2 (E123 amaranth), Red #4 (E124 ponceau red), Red #3 (E127 erythrosine), E128 red 2G, Red #40 (E129 allura red), Blue #2 (E132 indigotine), Blue #1 (E133 brilliant blue), Green #3 (E142 green S), E151 brilliant black, E155 chocolate brown

Natural annatto (E160b) (160a betacarotene is safe)

PRESERVATIVES

sorbates widely used (E200-203)

benzoates in drinks, syrups, medications (E210-213)

sulfites (asthma) in dried fruit, drinks, sausages, wine, etc (E220-228)

nitrites, nitrates in processed meats like ham, other lunch meats, salami (E249-252)

propionates in bread, bakery products, cultured whey powder (E280-283)

gallates antioxidants in vegetable oils, margarine, fried foods, cookies (E310-312)

TBHQ, BHA, BHT antioxidants as above (avoid E319-321; E300-309 tocopherols or Vitamin E, are safe)

FLAVOR ENHANCERS

MSG (monosodium glutamate) (E620-625) in highly flavoured foods like canned soups or snack foods

HVP (hydrolyzed vegetable protein), **HPP** (hydrolyzed plant protein), yeast extract are concentrated natural glutamate

DSI or **IMP** (disodium inosinate), **DSG** or **GMP** (disodium guanylate), **Nucleotides** (combination of IMP and GMP also called I&G) (E627-635)

ADDED FLAVORS in many foods and syrup medications

Some natural chemicals can cause the same effects as additives if eaten often or concentrated by processing, for example, in tomato sauce. People who are affected by additives may need to reduce their intake of salicylates, amines and natural glutamate. For more information see www.fedup.com.au.

FOOD INTOLERANCE NETWORK

www.fedup.com.au

More information

The Failsafe Cookbook and Fed up with Children's Behavior DVD

by Sue Dengate, see www.fedup.com.au

Friendly Food

by Anne Swain and others, see <http://www.cs.nsw.gov.au/rpa/Allergy/>

Scientific references

Clarke, L and others 'The dietary management of food allergy and food intolerance in children and adults.' *Aust J Nutr Diet* 1996; 53(3):89-94.

Swain AR and others. 'Salicylates, oligoantigenic diets and behavior.' *Lancet* 1985; 6;2(8445):41-2.

Dengate S and Ruben A, Controlled trial of cumulative behavioral effects of a common bread preservative, *J Paediatr Child Health* 2002;38(4):373-6.

Jacobson FJ and Schardt D. 'Diet, ADHD and behavior: a quarter-century review.' *Centre for Science in the Public Interest*, Washington DC. 1999 Download report from <http://www.cspinet.org/diet.html>

The information given is not intended as medical advice. Always consult with your doctor for underlying illness. Before beginning dietary investigation, consult a dietitian with an interest in food intolerance.

Food Intolerance Network
PO Box 718 Woolgoolga NSW 2456
AUSTRALIA

email: confodnet@ozemail.com.au for free failsafe newsletters and email support groups

cartoons © 2004 by Joanne van Os not to be copied for profit

Food and Behavior



**BEHAVIOR,
HEALTH and
LEARNING
problems in children
can be caused
by common foods**

Is this your child?

Restless

- irritable, restless, easily distracted
- demands attention, easily bored
- loud, makes silly noises
- difficult to get to sleep or wakes often at night

Defiant or oppositional

- loses temper, argues frequently
- refuses requests, defies rules
- deliberately annoys others, blames others
- touchy or easily annoyed
- angry and resentful

Inattentive or anxious

- short attention span, dreamy or lethargic
- anxious, depressed or has panic attacks
- grizzly, miserable (in babies and young children)

Does your child or anyone in your family have ?

- hives, eczema, dermatitis, other itchy skin rashes
- headaches or migraines, tinnitus
- sensitive stomach, eg. colic or reflux, recurrent mouth ulcers, toddler diarrhea, bloating, stomach aches, bed-wetting, sneaky poos
- asthma, frequent night cough, glue ear, chronic stuffy or runny nose
- frequent colds, flu, ear infections, tonsillitis

Then it is possible your child is affected by common foods he or she eats every day. Adults can be affected too.

Effects creep up

Some children become restless or noisy soon after eating packaged food but what most people see is this:

- **food chemicals can build up gradually, resulting in good days and bad days with no obvious cause**

When your child eats packaged food, he or she might be irritable or have a bad day at school the next day or the day after.

Natural food chemicals can affect children too. Some children are more sensitive than others. Different children react to different food chemicals



Where do we start?

- **many families see an improvement by reducing their intake of additives, especially artificial colors and the preservative in bread.**
- **for best results, you can do an elimination diet to find out exactly which food chemicals cause your problems. See Failsafe Eating on www.fedup.com.au for more information.**

These products may contain additives

- drinks from powders or syrups, carbonated, or many fruit juices
- flavor packets with noodles or crisps
- candy, chewing gum, icecreams, popsicles
- some cookies and biscuits
- processed meats like hot dogs, sausages and ham
- margarines and cooking oils that contain synthetic antioxidants and products cooked in them like French fries
- dried fruit
- medications in syrups or colored capsules

Be careful also of natural chemicals in some fruits and vegetables especially fruit juice, tomatoes and tomato sauce, oranges, raisins, broccoli.

Food chemicals can pass through breastmilk and affect babies with symptoms such as difficulty settling to sleep, colic, reflux or itchy rashes.

ALWAYS READ THE INGREDIENTS LIST CAREFULLY - THE MORE ADDITIVES YOU EAT THE MORE LIKELY YOU ARE TO BE AFFECTED

What can we eat?

The plain, natural unprocessed foods that children ate 40 years ago were low in additives.

Sugar does not affect children's behavior but it is best eaten in small amounts as it contains few nutrients, can interfere with appetite, and is bad for teeth.

Some additive-free low salicylate alternatives: preservative-free bread, plain pasta, rice, rolled or steel-cut oatmeal or hot cereal porridge, Rice Krispies; fresh fruit and vegetables such as pears, potatoes, peas, garlic; fresh eggs, meat, fish and chicken, plain milk, yogurt or soymilk; pure butter or additive-free margarine; plain unflavored crackers, plain potato chips, color-free additive-free vanilla icecream, color-free marshmallows, caramels, or hard candy like toffee or butterscotch.