

Food Additives Table

	Apparently Safe	Avoid whenever possible
Colours 100 - 182	100, 101, 103, 106, 140, 141, 160 160a, 161, 161a-f, 161h, 162, 163, 170, 181	102,104, 105, 107, 110, 111, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 142, 143, 150a-d, 151, 152, 153, 154, 155, 160b, 160c-f, 161g, 173, 174, 175, 180, 181, 182
Preservatives 200 - 297	234, 260, 262, 263, 290, 297	200, 201, 202, 203, 210, 211, 212, 213, 214, 215, 216, 217, 218, 220, 221, 222, 223, 224, 225, 225, 226, 227, 228, 229, 230, 231, 232, 233, 235, 236, 237, 238, 239, 242, 248, 249, 250, 251, 252, 261, 264, 270, 280, 281, 282, 283, 284, 296
Acidity Regulators, Anti-Oxidants 300 - 385	300, 301, 302, 303, 304, 306, 307, 308, 309, 315, 316, 322, 330, 331, 332, 333, 334, 336, 337, 339, 340, 341, 343, 350, 351, 352, 353, 357, 365, 366, 367, 375, 381,	310, 311, 312, 317, 318, 319, 320, 321, 325, 326, 327, 328, 329, 335, 338, 342, 349, 354, 355, 359, 363, 368, 370, 380, 385
Vegetable Gums, Thickeners 400 - 495	400, 401, 402, 403, 404, 406, 411, 415, 418, 425, 440, 440a, 440b, 442, 444, 450, 451, 452, 460, 469, 470a, 471, 472a-c, 472f, 473, 475, 476, 479b, 481,	405, 407, 407a, 409, 410, 412, 413, 414, 416, 417, 420, 421, 422, 430, 431, 432, 433, 434, 435, 436, 441, 445, 461, 462, 463, 464, 465, 466, 470b, 472e, 474, 477, 478, 480, 482, 483, 491, 492, 493, 494, 495
Mineral Salts, Anti-Caking Agents 500 - 586	500, 501, 504, 515, 516, 517, 535, 537, 538, 542, 543, 550, 551, 552, 558, 559, 572, 574, 575, 577, 578, 585,	503, 507, 508, 509, 510, 511, 512, 513, 514, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 536, 539, 540, 541, 544, 545, 553a, 553b, 554, 555, 556, 560, 570, 576, 579, 580, 586
Flavour Enhancers 600 - 641		620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 640, 641
Thickeners, Vegetable Gums, etc. 900 - 1521	913, 915, 922, 923, 941, 942, 953, 1100, 1103, 1105, 1518,	900, 900a, 901, 902, 903, 904, 905a-c, 906, 907, 912, 914, 920, 921, 924, 925, 926, 927a, 927b, 928, 930, 940, 943a, 943b, 944, 946, 950, 951, 952, 953, 954, 955, 956, 957, 959, 961, 965, 966, 967, 968, 999, 1101, 1102, 1104, 1200, 1201, 1202, 1400, 1401, 1402, 1403, 1404, 1405, 1410, 1411, 1412, 1413, 1414, 1420, 1421, 1422, 1430, 1440, 1441, 1442, 1450, 1451, 1505, 1510, 1516, 1517, 1520, 1521
Flavours	Don't have code numbers	Avoid artificial flavours whenever possible!