

E Numbers



	High Risk
	Medium Risk
	Least Risk

E-Number	Name	Used in	Side effect
E102	Tartrazine	Sweets, biscuits	Hyperactivity, rashes, asthma
E104	Quinoline yellow	Sweets, pickles, smoked haddock	Hyperactivity, rashes, asthma
E110	Sunset yellowFCF		Growth retardation, weight loss, asthma, rhinitis
E122	Carmoisine	Biscuits, jelly, sweets, ready meals	Allergy intolerance
E123	Amaranth	Wine, spirits, fish roe	Asthma, rhinitis, urticaria
E124	Ponceau4R	Sweets, biscuits, drinks	Asthma, rhinitis, urticaria
E129	Allura red AC	Soups, sauces, snacks	Asthma, rhinitis, urticaria
E151	Brilliant black BN`	Drinks, sauces, cheeses	Asthma, rhinitis, urticaria
E210	Benzoic acid	Drinks, low-sugar products, cereals, meat products	Asthma, rhinitis, urticaria, depletes glycine levels
E212	Potassium benzoate	Drinks, low-sugar products, cereals, meat products	Asthma, rhinitis, urticaria, depletes glycine & amino levels
E213	Calcium benzoate	Drinks, low-sugar products, cereals, meat products	Asthma, rhinitis, urticaria, depletes glycine & amino levels
E216	Propyl P-hydroxy-benzoate	Pates, cereals, meat products & confectionaries	Chronic dermatitis
E220	Sulphur dioxide	Soft drinks, potato products, dried fruit, vinegar	Bronchial problems, hypotension, cardiovascular disease. Destroys vitamins B1.
E221	Sodium sulphite	Fresh orange juice	
E223	Sodium Metabisulphite		Life threatening bronchial problems
E226	Calcium sulphite	Burgers, biscuits, frozen mushrooms	Cardiovascular and respiratory problems
E249	Potassium nitrate	Cured meats, canned meat products	Lowers oxygen carrying capacity of blood, forms carcinogenic nitrosamines
E512	Stannous Chloride (tin)	Fruit juices, canned & bottled foods	Nausea, vomiting, diarrhoea, headaches
E621	Monosodium glutamate (MSG)	Widely used flavour enhancer	Seizures, chest pains, headaches, nausea

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	E160B	Annatto	Cheese, margarine, smoked fish, desserts, bakery products	Bronchial problems, swelling
	E161G	Canthaxanthin	Sausages	Liver damage, forms crystals in the retina
	E173	Aluminium		Linked with Osteoporosis and Alzheimer's disease
	E180	Litholrubine BK	Used as a dye in cheese rind	Asthma, urticaria, rhinitis
	E239	Hexa-methylene	Cheese	Headaches, skin irritation, asthma
	E290	Carbon Dioxide	Fizzy drinks, some fruit & veg	Long term exposure reduces fertility
	E331	Sodium, monosodium	Evaporated milk, fizzy drinks, soup mixes	Muscle spasms, upsets pH balance in body
	E337	Sodium potassium	Processed cheese	Loss of calcium from bones. Osteoporosis
	E338	Phosphoric acid	Soft drinks	Imbalance of essential nutrient absorption. Osteoporosis
	E339	Sodium phosphates	Coffee whiteners, quick-cook pasta products	Imbalance of essential nutrient absorption. Osteoporosis
	E363	Succinic acid	Desserts, drinks & soups	Nausea, vomiting, diarrhoea
	E416	Karaya Gum	Meat products, salad dressing, cheese, chewing gum	Abdominal discomfort, dermatitis, Asthma
	E450	Disodium diphosphate	Baking powder, biscuits, cheese	Loss of calcium from bones. Osteoporosis
	E491	Sorbitan monostearate	Used as an emulsifier in many products	Growth retardation, liver enlargement
	E508	Potassium Chloride	Found in many yeast products and seasonings	Gastrointestinal problems, vomiting
	E541	Sodium aluminium phosphate	Bakery products	Linked with Alzheimer's and Osteoporosis
	E579	Ferrous gluconate	Used as a colouring in olives	Dangerous for very young children
	E620	Glutamic acid	Flavour enhancer, seasonings	Alzheimer's, Parkinson's & Huntington's
	E966	Lactitol	Sugar-free and diet products as a sweetener	Diarrhoea when consumed in large quantities
	E999	Quillaia extract	Foaming agent in soft drinks	Large quantities could produce convulsions, liver damage & respiratory failure

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E120	Cochineal, Carminic acid	Widely used food colouring	Safe to use, although it is obtained from a dried insect (<i>Dactylopius coccus</i>)!
E162	Beetroot red	Widely used food colouring	Restrict intake in young children
E170	Calcium carbonate	Bakery products	Abdominal pains, constipation, kidney stones, haemorrhoids
E174	Silver	Bakery products	Used over a prolonged period it can cause darkening of the eyes
E230	Biphenyl (Diphenyl)	Citrus fruits as a means of mould prevention	Liver disorders and central nerve damage has been reported in citrus fruit factory workers
E280	Propionic acid	Preservative used in bakery products	Exposure to E280 in factories has produced moderate skin lesions
E302	Calcium Ascorbate	Widely used as an antioxidant	High intake may increase the risk of kidney stones
E310	Propyl Gallate	Widely used as an antioxidant	Repeated and high exposure (factory workers) may cause dermatitis
E330	Citric acid	Widely used as an antioxidant and flavouring	High intake may cause gum irritation and erosion of tooth enamel
E355	Adipic acid	Bakery products, drink powders, dessert mixes	Studies have revealed that it stunts normal growth in rats.
E357	Potassium adipate	Bakery products, drink powders, dessert mixes	Studies have revealed that it stunts normal growth in rats
E401	Sodium alginate	Used as a thickening agent	None reported
E410	Locust bean gum	Soft cheese, bakery products, sausages, ice-cream	Contains tannins which could reduce appetite
E412	Guar gum	Ice cream	None reported although there have been concerns that over use could cause swelling in the oesophagus
E414	Acacia gum	Used as a thickening agent	Can provoke an Asthma attack
E418	Gellan gum	Widely used as a stabilising agent	High intake may have a laxative effect
E421	Mannitol	Used in diet and sugar-free products	High doses could have a laxative effect
E422	Glycerol	Ice cream, used as an emulsifier	High intake may cause nausea, vomiting & headaches
E451	Triphosphates	Meat products, tinned beans and peas, products containing eggs	High intake can result in a drop in blood pressure, vomiting & diarrhoea
E461	Methyl cellulose	Fried foods and to increase water retention	High intake can cause constipation if not consumed with sufficient liquid
E503	Ammonium carbonate	Baking powder	High intake can result in excretion of essential minerals.
E509	Calcium chloride	Fruit as a firming agent	Large doses can result in nose bleeds

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