

YOUR SCHOOL MENU

HC3S - Additives to be Avoided

Hampshire County Council Catering Services (HC3S) is responsible for the safe feeding of around 50,000 children per day and as part of our commitment to them, we are consistently challenging to make improvements. We recognise that additives in food may cause reactions in certain cases and have worked alongside the Hyperactive Children's Support Group to ensure the additives listed below are not present in the food we serve.

Colours		Some preservatives, 'The Sulphites', are known to be a problem for asthmatics	
E102	Tartrazine	E221	Sodium sulphite
E104	Quinoline Yellow	E222	Sodium hydrogen sulphite
E107	Yellow	E223	Sodium metabisulphite
E110	Sunset Yellow FCF	E224	Potassium metasulphite
E122	Carmoisine or Azorubine	E226	Calcium sulphite
E123	Amaranth	E227	Calcium bisulphite
E124	Ponceau 4R or Cochineal	E228	Potassium hydrogen sulphite
E127	Erythrosine B5		
E128	Red 2G	Other additives which can be a problem for asthmatics or aspirin sensitive people (possibly those sensitive to 'salicylates')	
E129	Allura Red AC	E212	Potassium Benzoate
E131	Patient Blue V	E213	Calcium Benzoate
E132	Indigo Carmine or Indigotine	E214	Ethyl 4 hydroxybenzoate
E133	Brilliant Blue FCF	E215	Ethyl 4 hydroxybenzoate
E142	Green S (Acid Brilliant Green)	E216	Propyl 4 hydroxybenzoate
E150	Caramel (b) (c) (d)	E217	Propyl 4 hydroxybenzoate
E151	Black PN (Brilliant Black BN)	E218	Methyl 4 hydroxybenzoate
E153	Carbon Black (Vegetable carbon)	E219	Methyl 4 hydroxybenzoate
E154	Brown FK (Kipper Brown)	E230	Diphenyl
E155	Brown HT	E231	Ortho phenylphenol
E161(g)	Canthaxanthin	E232	Sodium Orthophylphenate
E173	Aluminium	E233	Thiabendazole
E180	Pigment Rubine (Linthol Rubine BK)	E234	Nisin
		E235	Natamycin

Flavourings			
All flavourings unless clearly stated 'Natural' must be avoided. Flavourings do not have 'E' numbers		Other additives not allowed for infants and young children	
		Anti-Oxidants	
Flavour Enhancers		E310	Propyl gallate
E621	Monosodium glutamate (MSG)	E311	Oxtyl gallate
E622	Monopotassium glutamate (MPG)	E312	Dodecyl gallate
Anti-Oxidants		Sweeteners	
E320	Butylated Hydroxy Anisole (BHA)	E950	Acesulfame
E321	Butylated Hydroxy Toluene (BHT)	E951	Aspartame
		E953	Isomalt
Preservatives		E954	Saccharin
E210	Benzoic Acid	E965	(i) (ii) Malitol
E211	Sodium-Benzoate	E966	Lactitol
E220	Sulphur Dioxide		Sucralose
E249	Potassium Nitrite	E120	Cochineal/carminic acid is a natural colouring but some parents have reported reactions, so be careful.
E250	Sodium Nitrite	E150(a)	Is a natural product but may cause some problems
E251	Sodium Nitrate	E160(b)	Anatto is a natural colouring that may cause problems
E252	Potassium Nitrate		
E282	Calcium Propionate (bread preservative)		



HACSG
THE HYPERACTIVE CHILDREN'S
SUPPORT GROUP